

148 FOOD DESTINATIONS AROUND THE WORLD

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**DELICIOUS
SEAFOOD
STEW**

PAGE 113

**A Guide to
Summer
Pickles**

PAGE 76

The Market Issue

**25 RECIPES FOR MAKING THE MOST
OF THE SEASON'S BOUNTY**

JUNE/JULY 2010 US \$5.00



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SAVEUR

SPECIAL ISSUE

THE LIFE OF MARKETS

NOTHING OFFERS A MORE VIVID REFLECTION of who (and where) we are than food markets, from a huge open-air bazaar to a handful of street vendors to our local farm stand. They awaken our senses, they fulfill us, they fuel our passion for cooking and eating, and they inspire us to seek out new tastes and experiences. Our world tour begins on page 37.

CHAPTER ONE

A Feast for the Senses

42 Some universal truths about markets; buying chiles in Thailand; how the Genovese shop for their food; Russia's newfound abundance; Morocco's citrus souks; chef Peter Hoffman's Union Square Greenmarket meal; plus, a worldwide guide to must-see markets, and more.

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Cover Roasted tomatoes with garlic. PHOTOGRAPH BY TODD COLEMAN

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A RECIPE FROM MY FAMILY TO YOURS

"Montana is the Big Sky State. There's lots of open space and it's cattle country. Every day I feel very fortunate that I can be in this state and be doing what we're doing. The best part of living on a ranch is being able to be outdoors and be with nature – and do something where you're providing for other people. We believe in providing food for others and doing it in the best possible way that we can."

Try one of our family's favorite recipes, 'Smoky T-Bones with Chunky BBQ Sauce.'"



Rick Roth (left) with his father, Steve, IX Ranch, Big Sandy, Montana.

SMOKY T-BONES WITH CHUNKY BBQ SAUCE

TOTAL RECIPE TIME: 1 HOUR

- 2 T-Bone or Porterhouse steaks, cut 1½ inches thick (about 2 pounds)
- 1 wood chip foil packet
- 2 tablespoons packed brown sugar
- 1 tablespoon steak seasoning blend
- 1 tablespoon chili powder
- Salt

CHUNKY BBQ SAUCE:

- ¼ cup drained canned pineapple chunks, coarsely chopped
- ¼ cup chopped red onion
- 1 tablespoon packed brown sugar
- 1½ teaspoons balsamic vinegar
- ½ cup mild barbecue sauce

DIRECTIONS:

1. Combine pineapple, onion, 1 tablespoon brown sugar and vinegar in small saucepan. Cook over high heat 2 to 3 minutes or until liquid is syrupy, stirring occasionally. Reduce heat to medium; add barbecue sauce. Cook and stir about 1 minute or until heated through. Set aside.
2. Combine 2 tablespoons brown sugar, steak seasoning and chili powder in small bowl; press evenly onto beef steaks.
3. Place wood chip foil packet on one side of grill directly on medium, ash-covered coals. Place cooking grid over coals. Place steaks in center of grid, not directly over foil packet. Grill, covered, 20 to 24 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Carve steaks across the grain into thin slices and season with salt, as desired. Serve with Chunky BBQ Sauce.

Makes 4 servings.

Nutrition information per serving: 295 calories; 11 g fat (4 g saturated fat; 5 g monounsaturated fat); 18 mg cholesterol; 869 mg sodium; 61 g carbohydrate; 1 g fiber; 3 g protein; 5.4 mg niacin; 0.5 mg vitamin B6; 2.4 mcg vitamin B12; 4.7 mg iron; 11.3 mcg selenium; 5.6 mg zinc.

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CHAPTER FOUR:

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BY BEN MIMS

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Ready for checkout at the Piggly Wiggly.

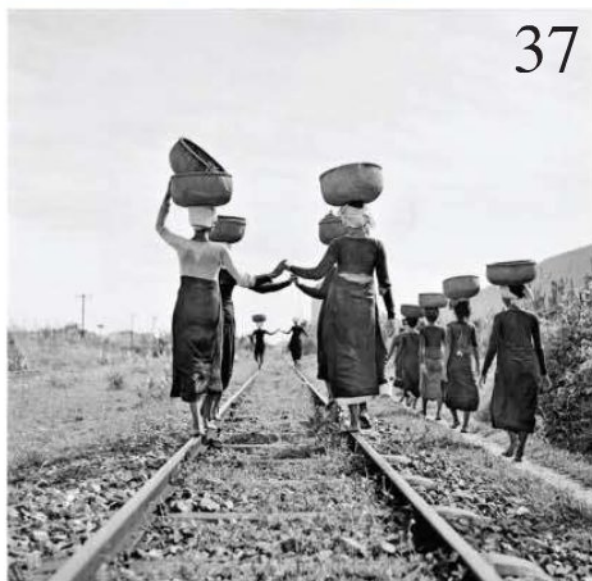
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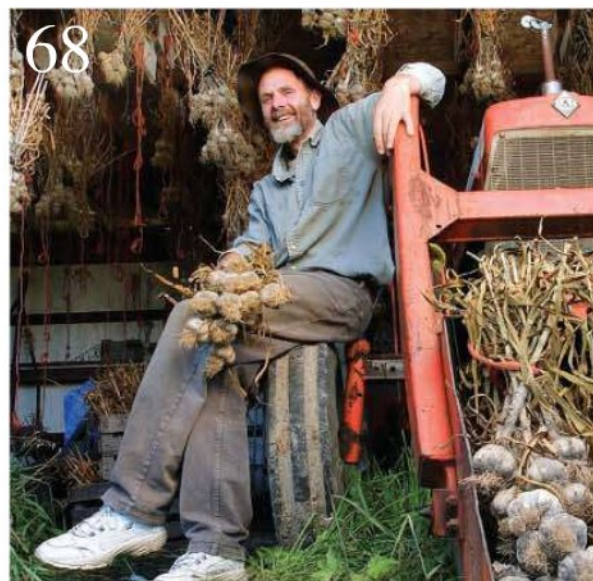
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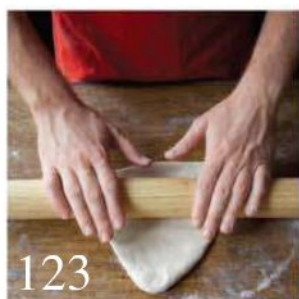
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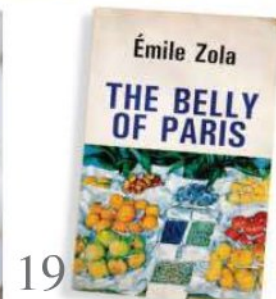
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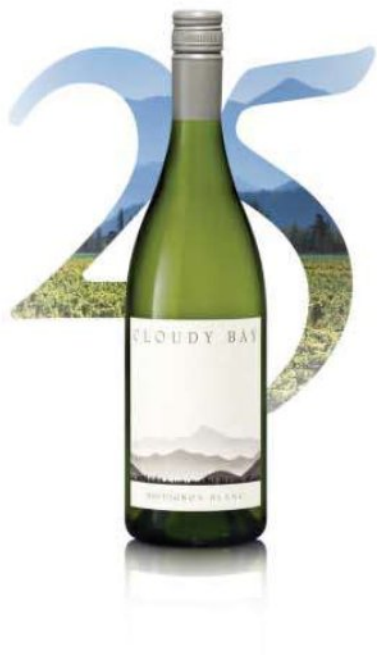
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FIRST

Live to Shop

Market-going is a defining and universal experience

WE ALL HAVE OUR Saturday morning rituals. Some of us like to lie in bed, catching up on reading. Others head to the playground with their kids. For me, Saturday mornings are all about food shopping. My destination is the postage-stamp farmers' market that flanks a park in my Brooklyn neighborhood. On a recent Saturday, just a few vendors had driven in from New Jersey and upstate New York; it was late spring, and the little piles of young lettuces, the deep green baby kale, and the dainty red-striped radishes were a foreshadowing of what was to come as summer got closer. By June, the market would be full throttle, with beefsteak tomatoes and yellow peppers and purple beets piled high.

No matter the season, I love the rhythms and rituals of market shopping: I bump into some neighbors at a stall; I encounter a vendor I haven't noticed before; I piece together my meals for the weekend. Every time I enact this Saturday ritual, I realize that my little local farmers' market is really not all that different from ones I've encountered all around the world. When I first started traveling outside America and saw the mind-bogglingly vast street markets of Southeast Asia, or the centuries-old clusters of food shops in India that hadn't lost an ounce of their grandeur and mystery, I quickly realized that these were places that played a powerful role in their communities. To an outsider like me, these markets were a great place not only for seeing the building blocks of the local cuisine but also for understanding how people in those places think about food. What do they buy in the greatest abundance? How do they carry it home? Are they shopping for the day or the week or the month?

A promotional button from Safeway, above, a California-based supermarket chain.

Reflecting on any of those markets makes me think about my first market-going experiences, at the Safeway in Sunnyvale, California, where I would accompany my mom on her weekly rounds to procure pot roast for dinner, cereal for breakfast, cookies for our lunch boxes. She'd have a long list and we'd go down every aisle, in not too dissimilar a fashion from how a home cook in, say, Padang, Indonesia, or Rome, or Sydney surveys the vendors at the local marketplace, looking for what she needs or craves.

For as long as any of us here at *SAVEUR* can remember, we've wanted to dedicate an entire issue, wholly and exclusively, to food markets around the world. And it is in that spirit of universality—the notion that a market in a jungle clearing in Guatemala is just as essential as our local grocery store—that we put this issue together. The mosaic of stories and images you'll find in these pages mirrors the crazy, beautiful energy of market-going. Starting

on page 43, Naomi Duguid, a photographer and cookbook writer who has probably been to more markets than anyone I know, gives us a bird's-eye view of how all markets, great or small, share some cardinal traits. On page 69, farmer Mike Madison writes about selling summer fruit in Northern California. The TV host Andrew Zimmern shares his favorite market meals on page 104. And on page 97, Tanya Bastianich, the daughter of chef Lidia Bastianich, explains how her mother's trips to markets in Italy fuel her cooking.

Of course, when it comes right down to it, how we shop for food defines how we all cook, eat, and live our day-to-day lives. The foods we seek out, the ideas we gather, the scenes we observe—no matter where we live, the experience of market-going helps shape who we are. —*JAMES OSELAND, Editor-in-Chief*



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FARE

Memories and Morsels from the World of Food, plus Agenda and More

Market Meals

There's more than produce for sale at this landmark

YOU NEVER USED to be able to get pancakes at New York City's Essex Street Market, but today the place is home to some of the best in town—namely, chef Kenny Shopsin's pumpkin pancakes (see page 116 for a recipe), which he serves at his diminutive eatery, Shopsin's General Store. Shopsin is one of several new tenants at this ever popular market at the corner of Essex and Delancey streets on Manhattan's Lower East Side. The Essex Street Market, which opened in 1939, is one of several indoor retail markets built under Mayor Fiorello La Guardia, who sought to replace the pushcart marts that had crowded the streets of several New York neighborhoods at the turn of the twentieth century. Over the years, the market has changed to reflect the evolving demographic of this formerly Eastern European district. Latin American foods began appearing in its stalls in the 1950s, and newer shops selling organic produce and artisanal cheeses have cropped up, too. On the following page, some more of the market's edible highlights.

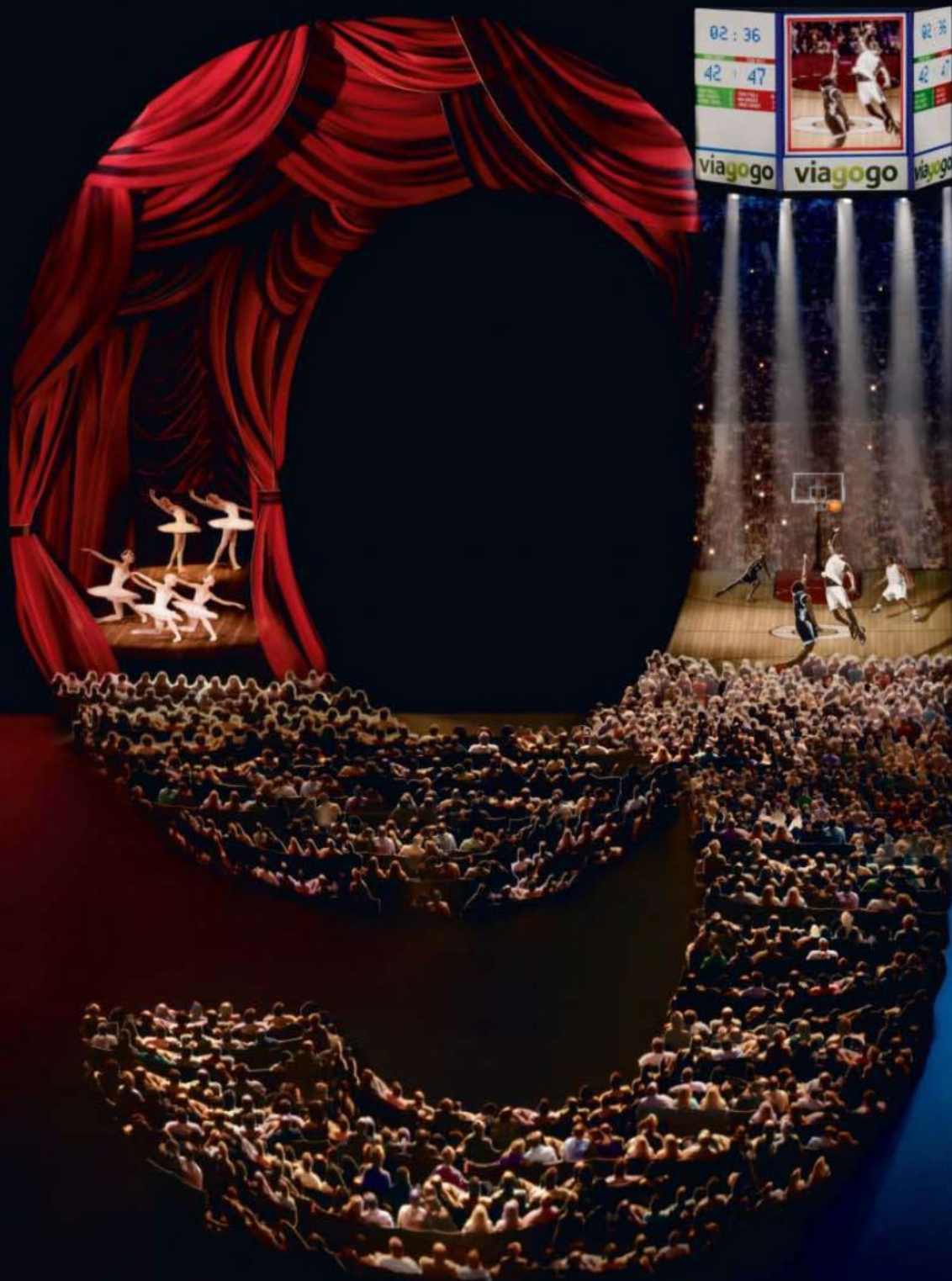
—Suzanne Wasserman



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Delicious Pit Stop

In addition to Shopsyin's General Store, the eatery/culinary laboratory of iconoclastic chef Kenny Shopsyin, I have several favorite vendors inside New York's Essex Street Market. —S.W.

La Tiendita is a joint venture of the Lower Eastside Girls Club, a local charity, and the Breezy Hill Orchard, a sustainable farm in upstate New York. The store's hodgepodge of top-quality provisions includes cookies, cupcakes, and tasty granola bars made by the club's young bakers, plus tamales, apples, and fresh blueberry pies (pictured above) made with fruit from the farm.

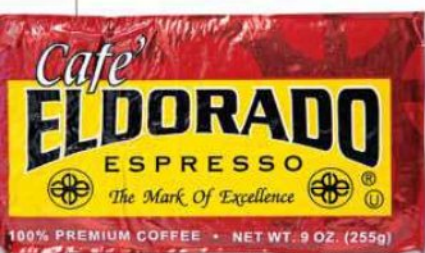
Jeffrey Ruhalter is the fourth generation of his family to run **Jeffrey's Meat Market**, the market's only remaining original business. Ruhalter takes his status seriously; when he's not working the counter—from which you can procure a tremendous range of different meats,

When **Rainbo's Fish** launched inside the Essex Street Market in 1977, owners Ron Budinas and Ira Stolzenberg sold live carp to a largely Jewish clientele. Today, this seafood counter is still bustling, but yellowtail flounder and Chilean sea bass have replaced the carp, and they've added a juice bar—which serves outstanding smoothies, freshly baked muffins, and a terrific grilled salmon or tilapia sandwich.

One of the Lower East Side's most complete selections of Latin American dry goods and tropical produce is at the Batista Grocery and its adjacent shop, **Batista Mini Market**. The Dominican-born owner, Luis Batista, sells everything from canned black and pinto beans to 2-liter bottles of Coco Rico coconut soda and vacuum-packed bricks of Central and South American espresso (pictured, left); the range of fresh fruit on offer includes breadfruit, calabaza, mangoes, plantains, taro, yucca, and papaya (pictured, right).



Saxelby Cheesemongers, founded in 2006, is the country's first shop wholly devoted to American farmstead cheese. Co-owners Anne Saxelby and Benoit Breal source cheeses from more than 30 small, sustainable producers—places like Spring Brook Farm in Reading, Vermont, whose aged Tarentaise, a semihard cheese with a sweet, hazelnutlike flavor, is made with raw milk from the farm's Jersey cows and cultured using whey from the previous day's cheese making.



including game like elk, antelope, and emu—he's holding forth on the Essex Street Market's history at his stall's weekly butchery classes.



New York's Essex Street Market on opening day in January 1939.



Foods of Home

This market feeds a community

THE HMONG language has no future or past verb tense, which would make it difficult to express the following: years ago, Minnesota didn't have much in the way of Asian markets, but today and for the foreseeable future it has one of the most interesting ones in the country.

This is because St. Paul, the state capital, is home to as many as 80,000 Hmong residents, members of an ethnic group native to mountainous regions in Laos and Thailand. On a busy Saturday, it seems like they're all at the Hmongtown Marketplace, a sprawling indoor-outdoor market in the city's northwest where more than 200 vendors occupy ten acres' worth of stalls. Much of the produce sold there is locally

grown, often by Hmong farmers: squashes, long beans, flowering mustard greens, and Napa cabbage, among other vegetables. There are imported tropical fruits like longan and young coconut, plus bundles of "chicken herbs," a Hmong-style bouquet garni consisting of angelica, dayflower, sweet flag, and the as-yet-untranslated minty *ncaug txhav* and pleasantly bitter *tshab xyooob*.

Hmong also visit the market to purchase things to help explain their history to their children, like the clock recently on display at a stall; its face bore a picture of the Hmong military leader General Vang Pao saluting U.S. Air Force bombers, a reminder that CIA-backed Hmong guerrillas fought in Laos under General Vang during the Vietnam War. Persecuted by the communist Pathet Lao government (continued on page 26)

A diner enjoying a stuffed chicken wing at the Hmongtown Marketplace, above, in St. Paul.



the purest for the purists

Just five all natural ingredients. Simply perfect.



Everything Is Illuminated

My favorite time of day in Southeast Asia isn't day; it's night. In countries like Myanmar, Cambodia, Laos, Thailand, Malaysia, and, pictured here, Indonesia, that's when the afternoon's scorching heat wanes and a parallel world of shopping unfolds. Starting around suppertime, vendors at the earliest *pasar malam* (as night markets are called in Indonesia and Malaysia) lay out a gorgeous banquet of dishes, most of which they've cooked in their homes earlier in the day: grilled fish, an endless array of curries, stir-fries, and much more. As the night progresses, markets selling fresh fruits, vegetables, and other ingredients crop up around town, too; the one pictured here, Pasar Tuman Ciledug, in Jakarta, zigzags through block after block of the city's streets. At full swing, around 4 A.M., it's a remarkable experience: thousands of shoppers, from housewives to students, browse tubs of shrimp and piles of coconuts under low-hanging bare lightbulbs. In one stall, a child sleeps atop a bag of rice. At another, a group of friends smoke clove cigarettes. Everything is hushed yet vibrant. I drink it all in. —James Oseland



JAMES OSELAND



ON DISCERNING TASTE

OYSTERS

BEST ORDERED IN MONTHS that contain the letter 'R' and always best when local, bracingly fresh and shared with the table. Sauces and garnish are a matter of personal preference but are best used sparingly. When accompanied by an icy shot, straight up, oysters are a wildly delicious way to satisfy the cocktail hour.

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GREY GOOSE
World's Best Tasting Vodka

(continued from page 22) afterwards, many Hmong fled, settling in France, Australia, and, in their biggest concentration, in St. Paul.

The Hmong Marketplace, which started in 2004 in what used to be a lumberyard, serves as a cultural anchor. "If you want to connect to your heritage, you just go to the Hmongtown Marketplace," says Xai Lor, 27, who works at St. Paul's Hmong Cultural Center. "You can have a tricolor drink, and you feel very Hmong."

Those tricolor drinks, called *nab vam*, are icy coconut-milk parfaits layered with such ingredients as tapioca pearls, cassava-starch noodles, diced cantaloupe, minced papaya, and flavored gelatin cubes. *Nab vam* restores the palate after a run-in with one of the blazing, house-made chile sauces that almost every food stall sets out as a condiment. There are plenty of good things to put all that chile sauce on: chicken-and-pork stews made with water spinach and mustard greens; *faum*, a Hmong version of *pho*, the Vietnamese beef noodle soup; and barbecued pork and chicken, served with a side of purple sticky rice. Diners eat their food at communal tables while video screens broadcast advertisements for local Hmong businesses and Hmong toddlers chase one another through the aisles.

"I bring my boys here," says Jody Yang, 30, the mother of a seven-year-old and a nine-year-old. "They don't speak Hmong, but they play with other kids who speak Hmong, and I say, 'Did you understand that?,' and they shrug. They understood it enough, but more important, they are getting an idea of what it means to be Hmong and that they're not alone." —Dara Moskowitz Grumdahl

THE PANTRY, page 130: Info on visiting the Essex Street and Hmongtown markets and on purchasing Villa Massa Limoncello.

Agenda Global Markets

JUNE
11-13

VIEUX-TO-DO

New Orleans, Louisiana

Held at the historic French Quarter in New Orleans, this weekend combines three popular events: the 23-year-old Creole Tomato Festival, the Cajun-Zydeco Music Festival, and the Louisiana Seafood Festival. Seafood vendors serve Cajun dishes such as broiled oysters and alligator jambalaya, while at the nearby tomato festival, visitors attend chef demonstrations and tomato tastings and sample creations such as shrimp rémoulade-stuffed tomatoes and Creole tomato jelly served with buttermilk drop biscuits. For information: frenchmarket.org.

JUNE
26

Anniversary:

FIRST ITEM SCANNED AT A CHECKOUT

Troy, Ohio, 1974

At a Marsh's Supermarket, a



ten-pack of Wrigley's Juicy Fruit gum became the first item to be scanned electronically at a checkout counter. The scanner's laser read the gum's Universal Product Code, expressed as a series of lines of varying thickness called a

bar code, a type of data display that was already in use in post offices and tollbooths. The barcode would prove indispensable for standardizing pricing. Today, approximately 5 billion items in more than 140 countries are scanned daily.

AUGUST

11

RAMADAN NIGHT MARKETS BEGIN

Mumbai, India

Every year during Ramadan, which runs this year through September 9, Mumbai's Mohammed Ali Road and Bhendi Bazaar areas come alive with night markets that cater to the city's Muslims, who eat only between sunset and sunrise during the holy month. Hawkers sell special Ramadan dishes like *paaya* (goat trotter soup) and *malpua* (fried banana pancakes). Information: maharashtratourism.gov.in.

AUGUST

27



FIESTA DEL YAMOR BEGINS

Otavallo, Ecuador

Held through September 12 at Ecuador's Otavallo Market, this festival celebrates the corn harvest. Events include fireworks and a competitive swim across a local lake. Visitors taste *maíz*-based dishes like *tostado* (toasted corn kernels), corn on the cob, and hominy, all washed down with *chicha*, an Incan fermented corn beverage whose origins date back thousands of years. Information: www.ecuador.travel.

AUGUST

30

NEWLYN FISH FESTIVAL

Newlyn, England

The fish market in this coastal town plays host to a celebra-



tion of Cornwall's maritime bounty; proceeds go to support retired and disabled fishermen and their families. Whelks, prawns, potted crab, grilled sardines, and barbecued monkfish are among the many oceanic delicacies available for sampling. Fresh seafood can be purchased as well, from booths and at a live-auction. Information: www.newlynfishfestival.org.uk.



OCTOBER

1-2

THE CARVE

Holland, Michigan

A zucchini becomes a bird, while a watermelon appears to be grinning with the help of tomato lips and cucumber teeth at this annual event in Holland's Eighth Street Farmers Market. Chefs, culinary students, and creative types who like to play with their food compete to transform fresh market produce into the likenesses of flowers, clowns, and animals, while novices can get lessons on carving roses out of honeydew melons and kids can create their own sculptures using presliced fruits, vegetable tables, and toothpicks. Information: www.hollandfarmersmarket.com.

NOVEMBER

15

Birthday:

SYLVAN GOLDMAN, INVENTOR OF THE SHOPPING CART

Ardmore, Oklahoma, 1898

Grocer Sylvan Goldman dreamed up the shopping cart when, staring at a folding chair, he imagined a basket in its seat and wheels for its legs. On June 4, 1937, Goldman introduced the first carts at his Standard Supermarket in Oklahoma City. The carts weren't an immediate success. Men were insulted at the implication that they were not strong enough to carry a basket, and some women complained that they bore too much resemblance to baby buggies. When Goldman hired people to push his inventions around the store, the carts caught on.

NOVEMBER

22

ZIBELEMÄRIT (ONION MARKET)

Berne, Switzerland

Every year, on one Monday in November, Swiss farmers set up some 700 booths and sell more than 100 tons of onions. Festivalgoers dine on onion soups and pies and purchase traditional plaited onion garlands. Later in the day, the market turns into a free-for-all confetti battle. The event (shown, above right) dates to the 1850s, when farmers' wives would sell produce on St. Martin's Day (November 11, the feast day of the patron saint of farmers). Information: 212/757-5944.



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.....
SOME FOR MINUTES.



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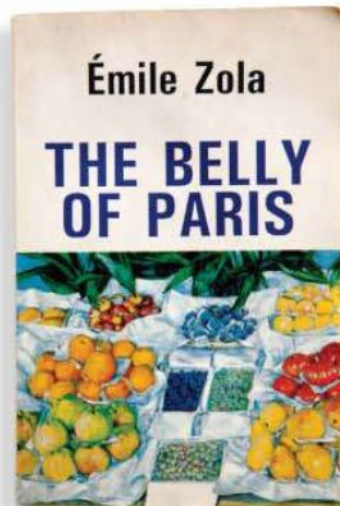
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THE ITALIAN ART OF FOOD

Buitoni

Markets in the Arts & Letters



Great Books

"He now heard the loud continuous rumbling of the wagons that were setting out from the markets. Paris was doling out the daily food of its two million inhabitants. These markets were like some huge central organ beating with giant force and sending the blood of life through every vein of the city."

—Émile Zola, *The Belly of Paris* (1873)

Song

Get your tamarind and
soursop,
Mangoes and casaba,
Breadfruit okra pigeon
peas,
Curry goat and guava
Come we go down,
Come we go down,
Come we go down
Down to Kingston
market

—Harry Belafonte, "Kingston
Market" (1956)

Fine Art

Parisian painter Fernand Piet captured this moment in a Breton market in 1899, at a time when he and his fellow Impressionists were providing a fresh perspective—a splash of sunlight on a cluster of lettuces, the isolated reverie of a produce vendor—on scenes of everyday life.



Nursery Rhymes

"To market, to
market, to buy
a fat pig.
Home again,
home again,
jiggety jig."

—Mother Goose

Poetry

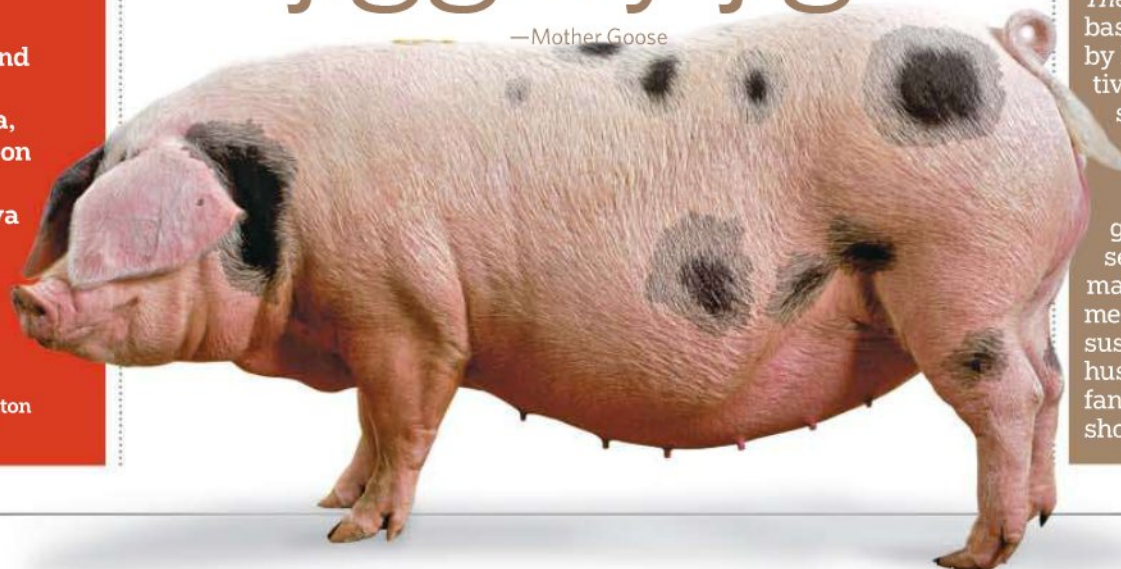
What peaches and
what penumbras!
Whole families /
shopping at night!
Aisles full of hus-
bands! Wives
in the / avoca-
dos, babies in the
tomatoes!

Allen Ginsberg, *A Super-
market in California* (1955)



Film

In the 1975 film *The Stepford Wives*, based on a novel by Ira Levin, assertive women are secretly swapped for submissive robotic doppelgängers. The finale is set at the supermarket, where the mechanized misuses fulfill their husbands' ultimate fantasy by placidly shopping for dinner.



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In southern India, grocery bags are commonly made out of long-lasting, eco-friendly jute. The Kasuthi Women's Empowerment Group, an Indian cooperative, handmakes the **Jute Symphony Bag** (\$42; www.handmadeexpressions.net).



The **Reisenthel Foldable Trolley** (\$25; www.reusablebags.com), a two-wheeled cart that holds as much as two standard grocery bags' worth of food, is popular throughout Europe. It folds into a small handled pouch for carrying.



Based on a design from Japan's Edo period (1603-1867), the **Furoshiki** (from \$9; www.furoshiki.com), promoted by the Japanese government as an alternative to plastic, is tied using origami techniques, instructions for which come with the bag.



The **Toocan Juicy Pannier** (\$85; www.detours.us) is made from recycled juice packs by a Filipino women's group. The insulated bicycle saddle-bag can be detached and used as a shoulder bag. It holds—and keeps cold—15 pounds of perishables.



The strong-walled **Bolga Basket** (\$33; www.basketsfromafrica.com), which helps protect delicate items, is woven using veta vera grass, which grows in the semi-arid expanses of Ghana's Upper East Region. It's hand-made by Ghana's Frafra tribe.



A New Orleans-based company makes the **Its-laS-tik** (\$15; www.whatsurbag-usa.com), a strong and stretchy nylon-Lycra sack that comes in scores of vibrant colors and patterns and holds twice as much as a standard plastic shopping bag.



In 1992, Marybeth Shaw was an architecture student in Paris when she noticed women breaking baguettes in order to fit them into their totes. Her **Sac à Baguette** (from \$299; www.sacabaguette.com) has a quiver for holding a full-length French loaf.



In China, a plastic-bag ban has popularized the use of the **Recycled Rice Bag** (\$10; www.reusablebags.com). Made of flexible propylene, it can be folded and stashed until you're ready to deploy it. The bag will hold 88 pounds of groceries. —Riddhi Shah

Southern Comforts

The world's most remote mini-mart

EARLY ANTARCTIC explorers may have eaten penguins, but the only ones in stock at McMurdo Station, Antarctica's biggest research facility, are of the plush variety. You can find these stuffed animals at the base store, alongside a global array of snack foods: Cadbury chocolates from England, Tui beer from New Zealand, Japanese ramen noodles, and Doritos.

Located on Ross Island, about 850 miles from the South Pole, McMurdo can feel like a rugged mining camp. But, along with a dining hall serving salads and fresh pies, this American base's well-stocked store, which resembles a mini-mart crossed with a souvenir shop, allows the hundreds of scientists who live here October to February to eat almost as if they were back home.

Most goods arrive by sea in one big annual shipment in February, but hot sellers like Sriracha sauce and Australian shiraz, are flown in weekly as weather permits aboard U.S. military aircraft. Luckily for McMurdo's chile- and wine-loving residents, the \$3-per-pound cost of airlifting goods to the base is paid for by Uncle Sam, and the store sells its stock at cost. A 17-ounce bottle of Sriracha runs just \$3.40, even less than you'd pay for it state-side. —Ed Forgotson



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Cherished Souvenirs

African market images from a bygone era

I'VE BEEN COLLECTING vintage postcards of Africa since 1972, when I made my first trip to Dakar, Senegal, as a doctoral student. Many of the thousand or so cards in my collection date

to the late 19th and early 20th centuries and show sepia-toned or tinted photographs of market scenes in what were then European colonies. Having written about African foodways and culture for many years, I find myself drawn to these images again and again. In them, I see more than familiar African foodstuffs—sugarcane and yams in a market in Dahomey (now Benin), fish for sale in Senegal, spices and olives

being peddled in Algeria. I also see hints of a material world long gone: tin milk pails and ladles hanging in a North African market stall, the distinctive West African head wrap worn by a fishmonger, a wooden box labeled “Liverpool,” its contents lost to time, just visible in the corner of a photo of a produce market. Many of the photographs depicted in the postcards were taken by ethnographers like the Frenchman

Edmond Fortier and were collected by European colonists, who sent them home to astonish their friends. In their eyes, these were images of “exotic” Africa. To me, they are pictures of abundance and industry; they are the faces of my African ancestors captured for eternity in the dignity of their work. —Jessica B. Harris

Clockwise from top left, South Africa, Benin, Algeria, and Senegal.

ONE GOOD BOTTLE What's an Italian farmer to do when life deals him extra lemons? Make *limoncello*, of course. In fact, distilling surplus fruit or grain to transform it into a potentially lucrative alcoholic beverage is an age-old strategy of farmers who have crops they otherwise can't sell at market. That was Sergio and Stefano Massa's solution when, in 1991, the brothers realized they'd have to let the lemons on their estate near the coastal city of Sorrento rot on the branch because the low market price didn't cover the cost of harvesting them. The Massas pulled out a hundred-year-old, beloved family recipe for the traditional Italian lemon-based *digestivo*, a liqueur that is often homemade and sold in



small batches at farmers' markets along the Amalfi Coast. Today, nearly 20 years later, the production and sale of **Villa Massa Limoncello** (\$26)—made with only sugar, water, molasses-based spirit, and the peels of fragrant and juicy Sorrento Oval lemons—help to support a thriving cooperative of lemon farmers on the Sorrentine peninsula. The clean, sweet, citrusy liqueur, so much more lively tasting than versions of *limoncello* made with additives, is lovely sipped cold and neat after dinner. You can also drizzle it over shaved ice for a cooling slushee. But I like it best mixed with two parts tonic water, served over ice, and garnished with a twist, for a terrific warm-weather refresher when I'm grilling outdoors. —Betsy Andrews



WHATEVER THE OCCASION



ALWAYS RIGHT



5 to Try

Edible Emporia

Department stores that offer great eats

1 Fortnum and Mason (181 Picadilly, London, England; www.fortnumandmason.com) Among the foods sold here are Scotch eggs (invented at the store in 1738) and honey made by its rooftop bees.

2 KaDeWe (Tauentzienstrasse 21-24, Berlin, Germany; www.kadewe.de) Here you'll find 34,000 food products, including more than 1,200 wursts and smoked meats and 1,300 types of cheese.

3 Isetan (3-14-1 Shinjuku, Tokyo, Japan; www.isetan.co.jp) Dried yuba and edible chrysanthemums are displayed like artworks. Eateries range from dumpling stands to a Pierre Hermé pâtisserie.

4 David Jones (65-77 Market Street, Sydney, Australia; www.davidjones.com.au) Graze on Pacific Rim snacks, or browse on a vast array of foods, from high-grade Wagyu beef to 250 kinds of fresh-baked bread.

5 Siam Paragon (991/1 Rama 1 Road, Bangkok, Thailand; www.siamparagon.co.th) This store sells 200 varieties of fruit and 30 kinds of marinated meat, while its stalls offer pork kebabs, papaya salad, and more. —Nicole Weinberg



Globe-Trotting Gourmet

VISIT ANY AMERICAN SUPERMARKET, and you'll probably find a "gourmet aisle," its shelves lined with imported foods: jars of dark green capers from Italy, cans of Thai coconut milk, bottles packed with pimento-stuffed olives—all manner of ingredients once considered exotic. I've loved these aisles since I was a food-obsessed teenager, when the brand names spoke to me of lost worlds: Goya, like the painter; Maggi, which recalls the Biblical wise men; and—my favorite—Roland, named for King Charlemagne's most trusted knight. Roland's packaging—labels adorned with drawings depicting the can or jar's exotic contents, be it limpets, escargots, or flageolets—has always charmed me. The Roland company was founded in Paris in 1934 by German Jewish refugees Bruno and Suzanne Scheidt. In 1940, the couple immigrated to New York City, where they set about importing dried mushrooms from France. Seventy years later, the Roland company is still family owned, but it has grown tremendously. With 1,400 different foods imported from more than 50 countries, Roland offers a range of tastes that truly could be called epic. And the appeal of its gourmet products—mackerel from Chile, fire-roasted peppers from Spain and Peru, vinegars and oils, truffles and grains, olives and preserved fruits—is as strong as ever. —Todd Coleman

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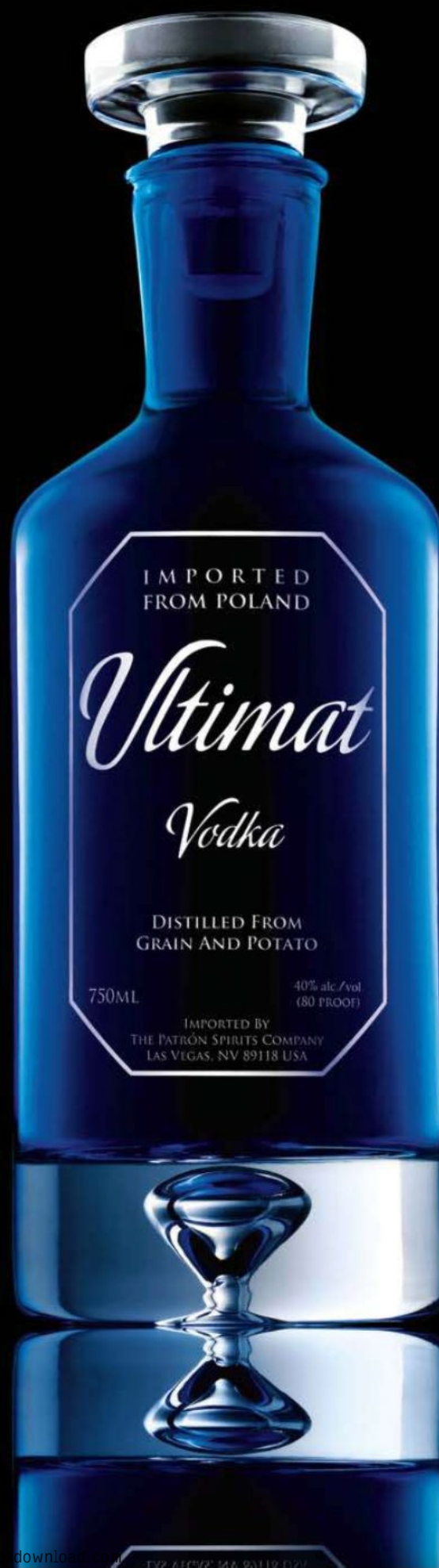


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From the Latin *mercatus*, “a place of trade,” comes the word *market* as well as *mercado* (Spanish), *markt* (German), and *marknad* (Swedish); the Old Persian *bahā-cār*, “a place of prices,” gave us *bazaar* (Hindi), *pazar* (Turkish), *pazari* (Greek).

SOURCE: HARVARD LINGUISTICS DEPARTMENT

SPECIAL ISSUE

THE LIFE OF MARKETS

They are the nexus that links the food on our table to its source. Whether it's the sprawling central fish market in Seoul, Korea, or a few street vendors in a Mexican village, markets deliver a sensory experience like no other, replete with sights, smells, and tastes that sharpen our appetite and make us want to rush home with an armful of fresh ingredients and cook. We seek out good markets for everyday sustenance, for a delicious meal, or just to connect with people and feel a part of the wider world of food. Turn the page and join us on a journey through some of the most exciting places on earth. —*The Editors*



A SHOPPER PAYS FOR FRESH CHILES at the Muang Mai market in Chiang Mai, Thailand. Previous page, clockwise from top left: Women on their way to market in Indonesia; strawberries at the Union Square Plaza farmer's market in Elizabeth, New Jersey; grilled whole mackerel at the Klong Toey market in Bangkok; selling grapes in Veszprém, Hungary; mustard greens and a local variety of spinach in Luang Prabang, Laos.





TODD COLEMAN

Roast pork with summer vegetables, a dish served at the New York City restaurant Savoy by chef Peter Hoffman, whose menu is sourced almost exclusively from the city's Union Square Greenmarket (see page 113 for a recipe).

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CHAPTER ONE: *A Feast for the SENSES*

THE BEAUTY OF IT ALL

We go to markets to nourish body, mind, and soul

THE LAST TIME I WAS IN THE MAIN MARKET in Tbilisi, the capital city of the Republic of Georgia, an elderly woman selling honey caught sight of me taking pictures and waved me over to her stall. She gestured for me to hold out my palm, and onto it she placed a glistening chunk of fresh, gooey honeycomb. At first I wasn't sure what to do—eat it whole? Sample a small taste and toss the rest? In the end, I just popped the entire thing in my mouth and licked the honey off my hand, laughing as others laughed along with me. In the next hour, as I made my way around to the other stalls, that honey was followed by samples of goat cheese, olives, pomegranate seeds, cheese-filled breads, nuts, fruits, and much more.

I spend a lot of time hanging around food markets, and not just for the handouts. To me, markets are some of the most enlightening, energizing, and generous places in the world. When I was a kid, I used to shop with my mother at the ByWard Market in Ottawa, and I remember that “Aha!” moment when I realized that the carrots and potatoes and turnips had been pulled from the earth and hauled into the market by the man behind the table. As a teenager in Paris, I used to wander around the old Les Halles market (may it rest in peace) in the early hours of the morning, soaking up the dizzying smells and sights as flowers and fish and huge slabs of meat were rushed from here to there. I loved the fabulous intensity, the vividness of it all.

But it wasn't until I started traveling the world to photograph and research traditional foods that I really became a market junkie. Where else can you connect with people without the aid of a common language, and bond with them over a shared love of honey? When I'm new to a place, the first thing I do is to seek out its markets. They're my way of figuring out where I am and how things work there. What kinds of fruits and vegetables grow nearby? How do people reap profit or pleasure from those foods?

The most surprising thing I've learned is this: for all their diversity—whether it's a city-

Potato vendors on market day in Todos Santos Cuchumatán, a town in western Guatemala.

size souk in Cairo or a single merchant selling hunks of salt at a crossroads in Tibet—markets around the world are all share some common and essential traits.

For example, all markets are theaters. The cry of a street hawker; the practiced spiel of a produce vendor; the haggling and joking—these are arts practiced the world over.

All markets are places of hard work. I've watched haulers in southern India carrying impossibly huge, fruit-laden banana stems to market on their shoulders. I've seen Zapotec women in a Mexican village walk to market with live turkeys tucked under their arms. A few months ago I spent several days in the small village of Hsipaw, in northern Myanmar. My first day there I got up before dawn and headed out to find the morning market. As I got close, I could see candles flickering, little darts of light. The street was crowded. I paused to buy sweetened black sticky rice

from a woman in a conical hat and ate it as I walked along. People threaded their way among the vendors, pausing and crouching occasionally to look closely at the ingredients arranged carefully on the ground, a candle or two illuminating each small display. As dawn arrived, the vendors pinched out the candles, packed up, and carried everything into another market space by the river, where, item by item, they unpacked again and set up for a second time in the radiant morning light.

Markets are places of beauty. A sprig of jasmine is hung by a fishmonger's stall to perfume the air; a spray of pink blossoms is laid by a pile of garlic to lure our gaze. I see with fresh eyes in a market: I notice the curves of a squash, deep yellow and enormous, in Rajasthan. In the shiny skin of a fish at a sun-drenched market in Puglia, Italy, I see colors I didn't know existed.

Markets are places of commerce: vendors need to earn money and shoppers need to buy food, and from that reciprocity springs a world of choice. But more than that, they are cradles of human relationships. When I make my daily trip to Kensington Market, a shop-lined set of streets near my home in Toronto, I'm there to stay connected with people as much as to buy things. I stop in at Cheese Magic, and my friend Ping gives me a taste of a creamy blue cheese I haven't tried before. We talk about the cheese, our city, our families. I drop by 4 Life, a natural foods store where Potz, the owner, sells me some pale blue-green organic eggs and chats with me about the farmer who raised them.

Markets drive the rhythms of life. Some years ago, I arrived in Phnom Penh, the capital of Cambodia, shortly after an attempted coup in which Hun Sen, the prime minister, forced a political opponent to flee the country amid violent street skirmishes. Glass shards littered the pavement, and many foreigners had left, but each day before dawn the vendors still set up their stalls. There was food to be sold, and people came. It was an assertion of normalcy in a time of change and fear.

When it comes right down to it, of course, markets are about food, about the pleasures of cooking and eating. As we browse, we visualize what we will make once we are home in our kitchen, propelled by tastes along the way: a bite of mushroom quiche at a market in Provence; a taste of grilled *sai krok* sausage in northeastern Thailand; a cup of sweet mint tea in a Moroccan souk.

One day I stopped to buy some tortillas from a woman in the main market in the Mexican city of Oaxaca. She was selling the large, delicate corn tortillas known locally as *blandas*. I asked her how she managed to roll them so thin. We started to chat, and after my third or fourth question she said, "I will teach you. When can you come to my village?" Two days later I found my way to her home. As a couple of her grandchildren played nearby, she patiently showed me how to flatten a small amount of corn masa in a tortilla press and pat it out to a much larger disk, delicate as a handkerchief. The experience reminded me of another truth about markets: some of the most rewarding transactions are ones in which no money changes hands. —Naomi Duguid, author of *Beyond the Great Wall: Recipes and Travels in the Other China* (Artisan, 2008)

The world's first supermarket, King Kullen, opened in Queens, New York, in 1930 with an *unprecedented 3,000 items on its shelves*. Today the average U.S. supermarket's inventory adds up to 48,000 SKUs (stock-keeping units), each representing a distinct product, brand, and size.

SOURCES: KING KULLEN; FOOD MARKET-ING INSTITUTE



Clockwise from top right: At a grocery store in Cincinnati, Ohio, circa 1950; Moroccan mint tea (see page 114 for a recipe), a common drink in that country's markets; a woman selling soup in Marrakech, Morocco.



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BRISK BUSINESS

TRADE AND EXCHANGE ARE THE VERY IDENTITY OF GENOA, ITALY, once the most important port connecting Europe and the Far East. This is a city where business gets done. So it has been since the Middle Ages, and so it still is at the Mercato Orientale (*via 20 Settembre*), the busy market in the heart of Genoa. Here, shoppers eye the porcini with purposeful shrewdness, make their choice, and swiftly move on to their next quarry. There's much to choose from: the most delicate zucchini for stuffed vegetables, cheeses from all over the world, and a steady supply of the region's famous bright green basil bouquets. Here are bins of sardines and bizarre little local fish called *rossetti*, no bigger than your fingernail, waiting to be fried and tossed with your weeknight pasta. During the short days of winter, plump tomatoes arrive from Sicily, great for roasting whole with garlic and thyme (as on the facing page; see page 108 for a recipe), and all types of greens are delivered from hothouses across Europe. Over each bin of produce, handwritten signs announce the product's provenance: "Di Pisa" for the pine nuts from that central Italian city; "Di Sardegna" for the Sardinian artichokes—reminders that Genoans, so accustomed to receiving goods from afar, care deeply about where their food comes from. The most prized goods are the ones raised locally and simply labeled "nostrani," which means "ours." —*Laura Schenone, author of The Lost Ravioli Recipes of Hoboken (W.W. Norton, 2007)*



AFTER THE THAW

ON THE FACE OF IT, there's nothing out of the ordinary about this picture, of the Cheryomushkinskiy market in Moscow: freshly butchered whole animals hang on hooks, while a wide variety of smaller, ready-to-cook cuts have been put on display atop a tile counter. But to me it is a happy reminder of how profoundly food shopping has changed in Russia since I first lived there, in the early 1990s, not long after the fall of the Soviet Union. Back then, food purveyors had not yet shaken off the legacy of the communist economy. Even though fewer and fewer grocery stores were state-run, shops in many cities still offered a paltry selection of canned and pickled foods, and the open-air markets—the only source for meat and produce in some places—weren't much better. Meat was carved away from the carcass in inconvenient hunks, and stacks of fish were frozen inside suitcase-size blocks of ice, which the vendor smashed on the floor to break up into salable pieces. Today, Moscow and other big Russian cities boast not only glitzy supermarkets stocked with a full range of fresh and packaged foods but also thriving farmers' markets filled with fruits and vegetables grown by farmers who now have an incentive to bring great food to market. —Sharon Hudgins, author of *The Other Side of Russia* (TAMU Press, 2004)



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FISHERMAN'S EXPRESS

This retail market in Anchorage, Alaska, features seafood sourced from local fishermen, like king crab, halibut, giant Kodiak scallops, and Yukon salmon.

DANE COUNTY FARMERS' MARKET

The USA's largest producer-only farmers' market, in Madison, Wisconsin, showcases an amazing selection of the state's prized cheese.

SANTA FE FARMERS MARKET

At this large market in New Mexico's capital city, farmers sell an unrivaled selection of chiles, which they will roast on the spot.

HILO FARMER'S MARKET

This indoor market on Hawaii's Big Island sells the world's best selection of Hawaiian produce, from passion fruits to man-gosteens to aquacultured seaweed.

MERCADO DE DULCES

The city of Morelia is the home of Mexico's best market for sweets, with 170 stalls selling treats like *turugo* (sugar-coated tamarind) and *glorias* (goats' milk caramels).

CHICHICASTENANGO MARKET

At this enormous open-air market in Guatemala, the streets overflow with highland fruits, like *mamey sapote*, *jacote*, and *granadilla* fruit.

Madison

Halifax

Santa Fe

Ephrata

Morelia

Chichicastenango

HALIFAX MARKET

The oldest farmers' market in North America, founded in 1750 by a Royal Proclamation from King George II, takes place every Saturday near the city's port.

GREEN DRAGON FARMER'S MARKET

This 30-acre market in Ephrata, Pennsylvania, offers an unparalleled variety of Amish and Mennonite produce and prepared foods, from pasture-raised poultry to shoofly pie.

VER-O-PESO

This market in Belém, Brazil, is probably the only place in the world where you can buy both a 220-pound Amazonian catfish and fresh *açaí* berries.

SURQUILLO MARKET

The largest food market in Lima, Peru, is housed in a stadiumlike venue, filled to bursting with stalls selling everything from groceries to prepared foods.

LINIERS CATTLE MARKET

The Buenos Aires, Argentina, livestock auction is the world's largest, and it sets prices for beef across the country. Some 13,000 head of cattle are sold here each day.

MERCADO DEL PUERTO

One of Uruguay's biggest markets, in the town of Montevideo, is South America's best spot for grilled meats, from *matambre* (rolled flank steak) to *mollejas* (sweetbreads).

WIDE WORLD OF MARKETS

The 30 destinations featured here represent a cross-section of the world's greatest markets. Some impress with their sheer size: the Merkato in Ethiopia, for example, comprises a staggering 13,000 vendors. Others, like Brazil's Ver-o-Peso market, at the mouth of the Amazon River, offer rare foods you can't find anywhere else on earth. Together, all these places offer a taste of the eclectic life of markets around the globe. —*The Editors*

BOROUGH MARKET

This 255-year-old London market offers some of Britain's finest prepared foods: chorizo sandwiches from Brindisa, potted shrimp packed in butter from Furness Fish & Game, air-dried mutton from Farmer Sharp, and more.

RUNGIS WHOLESALE MARKET

With 573 acres of produce, meat, and cut flowers, this wholesale market on the outskirts of Paris is the largest in the world, selling 1.5 million tons of food and other items a year.

MERCATO DEL TARTUFO

This market in Alba, the epicenter of Italy's truffle trade, is the best (and most affordable) spot for sampling pasta dishes made with the prized tuber.

KUZNECHNY MARKET

This market in St. Petersburg offers an astounding selection of honeys—linden, chestnut, creamed, comb—from all across Russia.

ALMACI PAZARI

This small market in Gaziantep, Turkey, is renowned worldwide for locally grown pistachios, which are sold fresh, salted, and roasted, and also prepared in sweet and savory dishes.

CHANDNI CHOWK

Delhi's biggest spice market is also a great place to snack, with dozens of food vendors and some of India's best and oldest sweet shops.

TOLKUCHKA BAZAAR

This former Silk Road stop in Turkmenistan is the largest market in Central Asia. Shoppers trade in horses and camels, produce, carpets, and more.

NAMDAEMUN MARKET

Seoul's main market (founded in 1414) extends over 10 acres of downtown Seoul. Its food stalls are some of the city's most beloved nosh spots.

QING SHIQIAO

This market in Sichuan Province reflects the region's status as China's agricultural powerhouse, with an amazing array of produce and spices.

NISHIKI MARKET

The best pickles in Japan are sold at this centuries-old market in Kyoto, where you can also find handmade sweets, flavored jellies, *yuba* (tofu skin), seaweed, and more.

ALEPPO SOUK

The ancient souk in Aleppo, Syria, is 20 miles long, and one of the finest places in the world to buy spices.

PEPPER EXCHANGE

This market, based in India's Kerala state (which accounts for 90 percent of the black pepper produced in India), sets the global price for the spice.

CAI RANG

At the Cai Rang floating market, one of Vietnam's largest, sellers and buyers meet outside Can Tho City on the Mekong Delta in a flotilla of hundreds of small boats.

QUEEN VICTORIA MARKET

The main market in Melbourne, Australia, is the largest in the Southern Hemisphere, selling everything from Aussie wines to Aboriginal game meats like crocodile, rabbit, and kangaroo.

ESSAOUIRA FISH MARKET

This open-air fish market, adjacent to one of Morocco's busiest ports, is the best place on earth to eat sardines. Pick your fish, and vendors will grill it for you.

KEJETIA MARKET

At West Africa's largest market, in Kumasi, Ghana, more than 10,000 traders hawk locally produced grains, groundnut paste, kola nuts, dried cat-erpillars, yams, chiles, coffee, plantains, and more.

MERKATO

The world's biggest open-air market sprawls across Ethiopia's capital city; it has its own post office and several hotels. The Merkato sells everything from car tires to sun-dried *injera* bread.

KÖZPONTI VÁSÁRCSARNOK

By 1897, the Hungarian cities of Buda and Pest had merged to form one giant metropolis. This massive market hall was built to mark the union, and to this day it remains a paradise of prepared foods.



SWEETNESS AND LIGHT

IT WAS A HOT SUMMER DAY WHEN I CAME ACROSS A DISPLAY of freshly picked oranges and tangerines in the market of Tafraoute, a village in southern Morocco that's surrounded by weird and wonderful pink granite rock formations. The streets of the town are narrow and winding, flanked by homes of faded ochre and red. Behind the houses are gardens that descend in steep, densely cultivated terraces. Past that are miles of orange and tangerine groves, which produce fruit that's mostly exported to Europe and beyond. I asked the orange seller for a taste of one of the navel oranges. He handed me a wedge and I sucked its juicy sweetness. I bought a bag. That night, in the house where I was staying, I peeled and sliced the oranges and placed them in a bowl, added oil-cured black olives, chopped mint, coriander seed, some salt, some chile pepper flakes, and some olive oil. As I ate, I thought of those nearby orange groves stretching toward the mountains in the distance and of the pleasure that this fruit would bring to people in cold places. —*Naomi Duguid*

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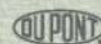
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The image shows a large, light-colored dog sitting in the center of a bright, elegant living room. The room features a white fireplace on the left, a white door with a glass insert in the background, and a white sofa. The floor is covered with a light-colored carpet. Numerous wine glasses filled with red wine are scattered across the carpet, surrounding the dog. The dog appears calm and unaffected by the wine, illustrating the carpet's stain-resistant properties. In the bottom right corner, the Mohawk SmartStrand logo is displayed, featuring a red stylized 'M' and a green leaf-like graphic. Below the logo, it says 'MOHAWK® SmartStrand' and 'with DuPont® Sorona® (renewably sourced) polymer®'.

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CHAPTER TWO: *From the* SOURCE

DIRECT TO YOU

Markets are where maker and eater unite

ONE OF MY FAVORITE CHEESES IN the world is a petite round made with raw goats' milk called Cardo, which has a creamy, aromatic interior that oozes when sliced into. It's made about an hour's drive from my home in Somerset, England, at a place called Sleight Farm, a collection of stone buildings and hillside pastures that looks down onto a plateau of fields that stretch out until they touch the city of Bath. On a clear day you can look across the valley and see it as it must have been for hundreds of years: a few isolated houses and farms dotting a bucolic landscape. Mary Holbrook, Sleight Farm's owner, milks her own cream- and chestnut-colored goats and turns their milk into Cardo and four other kinds of cheese.

I've come to visit Holbrook on market day, the one day each week when she leaves her milking and cheese-making duties behind and drives eight miles to the Bath Farmers Market to sell her cheese. Ever since I first tasted her luscious Cardo, I've wanted to understand the journey involved in bringing such a beautiful, delicious, joy-inducing ingredient to market—the consideration, the planning, the obstacles, and the physical and mental work leading up to the days when the producer parts with her lovingly made cheese.

Small-scale artisan cheese makers have in recent years become pillars of farmers' markets in England, France, America, and beyond. Really, though, what people like Mary Holbrook do—making foods by hand, often from raw ingredients they've raised or harvested themselves, and selling them directly to customers—has always been part and parcel of market life. In many cases these small producers sell only at markets within a few hours' drive of their home. Cheeses like Holbrook's are too perishable to send much farther afield; and so, they've become the pride of their region, their flavors inextricably tied to the place. They are foods that tell a story.

Holbrook's story is similar to ones you'll hear in many industrialized parts of the world where people are embracing older, more hands-on ways of raising and producing food. Until the late 1970s, Holbrook was a curator at the Holburne Museum of Art in Bath; *(continued on page 58)*

Cheese maker Mary Holbrook setting up her stand at the weekly farmers' market in Bath, England.





ENGLISH ARTISAN CHEESES

Since the 1970s, a cheese-making renaissance has taken hold on small farms all over England. Robin Congdon was one of the people at the vanguard, and his Ticklemore **1**, a subtle, delicately textured goat cheese made on the Sharpham estate in Devon, is a modern classic. Red Leicester **2**, a rich, nutty cows' milk cheese, has been made in Leic-

estershire for centuries, but the farm-made, clothbound, unpasteurized kind had all but disappeared when David and Jo Clarke began making it on Sparkenhoe Farm five years ago. It may sound like a traditional cheese, but Shropshire Blue **3** is actually a 20th-century invention; this one, from Long Clawson Dairy, has a fudgy texture,

savory flavor, and generous marbling of zesty blue-green mold. Sardinian Pecorino was the inspiration for Spenwood **4**, which has a mellow caramel flavor. Cheddar **5** is the cheese we associate with England above all others, and the one that Mary Quicke makes on her Devon farm is as bright and grassy as the pastures her cows graze on. Stichelton **6**

is a velvety, blue-veined, raw milk cheese rescued from extinction by Neal's Yard Dairy owner Randolph Hodgson and cheese maker Joe Schneider. Simon and Tim Jones's long-aged, cheddar-like Lincolnshire Poacher **7** has a distinctive, juicy tang. Pale-orange Cheshire **8** likely dates to Roman times, and the Appleby family has been mak-

ing the lemony, subtly saline one pictured above for generations. Cheese maker Graham Kirkham's mother passed on her old-fashioned method for making Lancashire **9**, which allows time for citrusy, yogurt-like flavors to develop. It has what aficionados call a "buttery crumble" texture, which sounds like an oxymoron, until you try it. —Beth Kracklauer



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Most fruits and vegetables sold at U.S. supermarkets travel an average of 1,500 miles from their source; farmers' market produce is typically sold no more than 50 miles from where it's grown.

SOURCE: LEOPOLD CENTER FOR SUSTAINABLE AGRICULTURE



Goats at Sleigh Farm, outside Bath, England.

(continued from page 54) then she quit her job and took over a small farm that had been in her husband's family for years. "I started out with two goats," she says, "and I learned to make soft cheeses from their milk by reading books." She traveled to France to learn more and later became inspired by other European cheese-making traditions as well. Around the same time, Neal's Yard Dairy, the famous cheesemonger's shop in London, was beginning to sell cheeses made by hand on small farms like Mary's throughout the British Isles. England may be best known for its traditional cows' milk cheeses like cheddar and Cheshire, but Mary's cheeses helped to pave the way for an English cheese-making renaissance that introduced new goats' milk varieties like the creamy Ticklemore, made in Devon, as well as

sheep's milk cheeses like the mild, nutty Spenswood from Berkshire. A number of traditional English cow's milk styles were rescued from extinction, too. Holbrook's cheeses have long been popular at Neal's Yard Dairy, but when the UK's first farmers' market opened in Bath in 1997, Mary started selling there as well.

Market day starts at 7 A.M., when Holbrook, a slight woman with short gray hair, removes a few crates of cheese from the refrigerator and assesses which ones are ripe enough, supple enough, and have the right intensity of fragrance and flavor to be ready to sell. There are certainly sturdier cheeses than the ones Holbrook makes—products that can be sealed in airtight plastic and shipped to stores three time zones

away. But Holbrook's cheeses need to breathe to ripen, and she tends to them constantly over the course of their aging cycle, which can range from three weeks to eight months.

We drive the 20 minutes to market down narrow country lanes, to the outskirts of the city, where the market takes place. A folding table comes out of the van, the Sleigh Farm sign goes up, and by 8.30 A.M. Mary has set out her cheeses for sale. Throughout the morning, Holbrook's customers linger, inspect, taste, buy. They talk, too, asking about new cheeses, critiquing or complimenting the ones they bought a couple of weeks ago. "I like the direct contact with people," Holbrook says. "They tell me if one is too salty, or not salty enough." It's such a simple concept: buying food from the person who made it. And while it's hardly a novelty in countries or regions where an agrarian lifestyle has prevailed for a long time, it's a newfound pleasure for so many of us: members of the second or even third generation to be raised on supermarket shopping.

By 1:15, Holbrook folds up the table and packs the truck again so that she can be back at the farm by 2:00 to resume caring for her animals and her cheeses. She'll take back with her any cheese that hasn't sold, to go into the fridge or give away, depending on its condition. In the meantime, her customers will eat what she's made; they'll share it with friends, and tell those friends where it came from. —*Tamasin Day-Lewis, the author of Supper for a Song (Quadrille, 2009)*

GREAT MARKETS IN PARIS

I love Saturday mornings. Two shots of espresso and I bolt out the door unshaved and head for the **Marché Biologique des Batignolles** (pictured, far right; between rue Boursault and rue Puteaux, 17th arrondissement). I've shopped at this weekly organic market on the boulevard des Batignolles for ten years now, and I have my *habitudes*. First, I pay a visit to Patrick, at the market's northern edge. "Mes laitues sont tendres, elles sont tendres comme moi!" Patrick shouts from behind three long tables piled with artful displays of superb organic produce. ["My lettuces are tender, as tender as me!"] Then he catches my eye and, knowing I've heard his routine many times, says, "You know what, the lettuce really is incredibly tender today." So I take a ruffled, garnet-colored *roussette*, plus two baby romaines and two big handfuls of Italian arugula. I can't stop there; I grab three bunches of purple-tipped aspara-

gus from Provence and a little wooden box of strawberries from Gariguet, in the Dordogne. Patrick makes a gift of a few fresh herbs—cilantro, flat-leaf parsley, and mint. "Why not make a light pesto to go with the asparagus?" he suggests. I will, and it will be delicious. Next, it's on to the BIOPAC stand, for a split-pea or lentil galette with a glass of amber-colored apple juice. After that, I hit L'Élevage du Corbier, which sells the best goat cheeses in Paris, and then Boucher Ardennais, which makes sublime *boudin blanc* and *boudin noir*.

Though I'm loyal to the market on boulevard des Batignolles, that doesn't mean I love the other markets of Paris any less. In fact, I'm always looking for an excuse to scoot over to the

Marché des Enfants Rouges (39 rue de Bretagne, 3rd arrondissement), in the Marais district. Small, charming, and nearly 400 years old, this market takes its name from the red jackets once worn by the children at a neighboring orphanage. Picnic tables make the transition from shopping to lunch instantaneous, which is good, since many of the food stalls sell prepared dishes like quiches and North African-style couscous, along with first-rate fruit, vegetables, wine, and charcuterie. I also have a soft spot for the busy, bargain-oriented **Marché d'Aligre** (Place d'Aligre, 11th arrondissement), which includes both a covered market, called the Marché Beauvau, and 40 outdoor stalls along the rue d'Aligre, near the Bastille. The Marché d'Aligre retains the gritty character of the neighborhood before it started going *bobo* (bourgeois-bohemian). I always



stop at Chez Philippe, which stocks some thousand cheeses; I'll often pick up a few medallions of fresh goat cheese, which I'll marinate in olive oil and bake (pictured). Several stalls here also carry hard-to-find charcuterie from Brittany, Corsica, and the Auvergne. Others sell produce from Africa and Asia; I'll almost always buy some yams or lemongrass, some Thai basil or fresh bamboo shoots, before rushing home to make lunch. —*Alexander Lobrano, author of Hungry for Paris (Random House, 2008)*





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LAND'S END

SMALL PRODUCERS FIGURE OUT all sorts of ways to get their products to market: cars, vans, bicycles, beasts of burden, their own two legs and strong shoulders, and—in regions of the world where waterways offer an easy route—boats. The men and women pictured above, off the northern coast of Madagascar, use the Indian Ocean as their highway for delivering the fish they've caught and the cassava, mangoes, and bananas they've grown. Their outrigger canoes, of a design that was likely brought to Madagascar by Indonesian seafarers centuries ago, provide swift transport, in this case to the bustling markets on the island of Nosy Be, where their goods will be sold. —David McAninch





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THE PRICE OF FISH

How the wheels of capitalism deliver seafood to your plate

IF YOU'VE EATEN A fish caught off the northeastern coast of the United States in the past few years, chances are good that it passed through the giant refrigerated warehouse of the Gloucester Seafood Display Auction in Gloucester, Massachusetts. That's where I met Steve Dunn, a fish grader, one morning last April. At 4:00 A.M., the building, big enough to hold three basketball courts, was filled with row after row of black plastic bins called totes, each tagged with a lot number and filled with ice and about 100 pounds' worth of whole fish—cod, haddock, monkfish, skate, pollack, flounder, hake, and sole—that had been unloaded from three boats a few hours earlier.

Dressed in a hooded sweatshirt, Dunn meandered among the totes as I walked alongside him. He prodded the fish, and he jotted observations on a clipboard. Dunn and his colleagues, mostly former fishermen, act as the eyes and noses for more than 30 wholesalers and retailers scattered across the country. Recognized as the premier seafood auction in the East, the Gloucester Seafood Display Auction handles about 15 million pounds of fish each year, brokering sales for buyers as far afield as Atlanta, Denver, and San Francisco, supplying wholesale centers like New York City's Fulton Fish Market, and selling to companies like Whole Foods Markets and the restaurant chain Legal Sea Foods. Even if the fish you're eating wasn't sold at the auction, the price you paid for it was largely determined by what someone shelled out here.

At the 65-year-old Sydney Fish Market, some 44,000 pounds of seafood—more than 100 different species, from Indian banana prawns to Australian Murray cod—are sold every hour, from 7:00 A.M. to 4:00 P.M., every day of the year except Christmas.

SOURCE: SYDNEY FISH MARKET

Done with their rounds, Dunn and the ten other graders descended a flight of stairs and entered a large, glass-walled room. Bantering and joking, the men sat down at long desks; then they popped open laptops and started transcribing their notes, which they'd e-mail to the remote buyers. At a few minutes before six, the chatter stopped. I went upstairs to a sellers' monitoring room, where the auction house's owner, Larry Ciulla, greeted me brusquely and invited me to take a seat.

Ciulla and his sister Rosemarie are the third generation of their family to run the business. Until the mid-1990s, the company was strictly a wholesaler, buying directly from boats and selling to customers. But Ciulla, who is 50, saw a need for a more transparent system in which buyers could compete with one another openly and product could be more readily identified with specific fishermen. He invested \$4 million in the auction facility and, in 2006, reinvented the business by putting the bidding online. "You could be in Timbuktu and bid here," Ciulla said to me in a thick Massachusetts accent.

Along with a few sellers, we settled into chairs facing a flat-panel screen on the wall. At precisely six o'clock, the screen flashed to life, displaying a series of icons. "Those boxes on the left are for the name of the boat, the species of fish, its weight, and the lot number," Ciulla said. "That thing that looks like a clock keeps track of the amount that's being bid." The name of a boat called the *Miss Trish* appeared at the left of the screen. A 300-pound lot of haddock was on the block. The hand of the "clock" started to move backward, and a number alongside it began counting down from an initial price of 70 cents (based on the quantity of fish available and what it sold for the previous

day), finally stopping at 34 cents. The computer issued a ping. "Someone just bid," said Ciulla.

What had physically happened was that, somewhere in the U.S., a buyer had pressed his computer's space bar to put in his bid and was holding it down to stay in the running. Now other bidders were pressing their space bars. The number 7 appeared next to the clock. "Seven bidders are in," said Ciulla. The hand of the clock crept forward. As the price rose, the number of bidders started to fall. At 43 cents, the hand of the clock stopped. The image of a gavel appeared, and it came down with an electronic thwok. The words *Captain Marden's* flashed on the screen. "That's the buyer," said Ciulla.

Ciulla charges fishermen, on average, about seven cents a pound for his services. Buyers pay him an additional ten cents a pound. "You have a business, you gotta make money," he told me. "But the satisfying part of this is providing a service to the fishermen. They are all true heroes. Every day out there is like *The Deadliest Catch*."

In less than 50 minutes, every single lot in the warehouse had been sold. In the display area, forklifts whizzed back and forth, carrying totes to refrigerated trucks that had backed up to the warehouse's loading doors. The truck from Captain Marden's, a local wholesaler, drove off with 3,100 pounds of cod and haddock, destined for a processing facility nearby. There, after being filleted and packed in Styrofoam shipping boxes, the fish would be distributed to Boston-area hotels and restaurants.

A few hours after the fish was purchased, one of those boxes, packed with haddock filets, was delivered to the Captain's Table, a seafood joint in Wellesley, Massachusetts, that's run by the Marden family. I stopped by the restaurant for lunch the next day and ordered the broiled haddock, which was delicious. In the two days or so after it was pulled from the sea, the fish I was eating had gone from the hold of the *Miss Trish* to Larry Ciulla's warehouse to a processing facility to a restaurant kitchen to my plate. Over the course of that journey, the fish's price had risen from 36 cents a pound—which is what the fisherman got, after paying his share to Ciulla—to \$25.90 a pound, which, according to my calculation, is what I paid for it when the waitress, smiling, presented the check. —Barry Estabrook, author of the blog www.politicsoftheplate.com

ABOVE: Fresh-caught flounder, cod, and lobster on a fishing trawler off Gloucester, Massachusetts.

FROM LEFT: © JEFFREY ROTMAN/CORBIS; RICHARD KALVAR/MAGNUM PHOTOS



SEAFOOD CAPITAL OF THE WORLD

WE EAT A LOT OF FISH IN JAPAN—more than 130 pounds of it per person annually, nearly four times the global average. No matter where you live in this country, you never have to travel far to find a market selling fresh-caught seafood. The men pictured above are selling tuna at the Ameyoko Market in Tokyo. The vendors probably purchased their product that morning from the 75-year-old Tokyo Metropolitan Government Wholesale Market, known to everyone as Tsukiji (5-2-1 Tsukiji, Chuo-Ku, Tokyo, www.tsukiji-market.or.jp), the biggest fish market in the world and one of the largest wholesale markets anywhere. My husband is a buyer at Tsukiji, and I've always loved accompanying him to the vast, 56-acre waterfront facility and its famed tuna auction in the early morning hours. Trying not to lose him in the army of men in knee-high white rain boots amid the shouts of tuna auctioneers, I walk alongside him as he navigates his way through the more than 1,600 stalls. It's hard to imagine that there are enough fish in the ocean to supply this market every day: trays of sea urchin, buckets of eels, and rows and rows of finfish of every kind, all meticulously stacked so that their heads are facing one way and their tails another. The procuring and selling of fish at Tsukiji follows an implicit hierarchy, with well-established companies gaining privileged access to the best catches and selling to the most famous chefs and restaurants. Despite the entrenched hierarchies of the market, a camaraderie among the sellers and buyers prevails. After all, everyone is after the same thing: impeccably fresh fish. —Yukari Sakamoto, author of *Food Sake Tokyo* (The Little Bookroom, 2010)

EAST COAST SEAFOOD CLASSICS

Abundant populations of shellfish and finfish are the lifeblood of seafood markets and auction houses along the coast of the northeastern United States—and also a cornerstone of the region's cooking. Here are seven time-honored seafood dishes that make the most of the Eastern seaboard's bounty. Roasted bacon-wrapped bluefish filets **1** call for little more than those two ingredients; the rich flesh of the fish takes beauti-

fully to the bacon's smoky flavor. Perhaps no meal more fully celebrates the sea than a New England clam bake **2**, in which softshell clams, ears of sweet corn, new potatoes, and whole lobsters are layered atop one another and cooked together, either in a fire pit dug into the sand or in a capacious pot on the stove. Golden skillet-fried Yankee fish cakes **3**, usually made with the flaky white flesh of an Atlantic species like haddock or

pollack, are a delicious summer dinner; try pairing them with a creamy mustard sauce. Few seafood dishes deliver more flavor from a simpler preparation than grilled sardines **4**: Just rub the fish with olive oil, season them with salt and pepper, and put them on the grill; they taste great with a quick relish of bell peppers, cucumbers, tomatoes, onions, cilantro, and crushed red pepper. The lobster roll **5** may be America's finest

handheld meal: chunks of sweet steamed lobster meat from the claws and tails are combined with scallion-and-cucumber-studded mayonnaise and served on a buttered and grilled hot dog bun. One of the great pleasures of grilled oysters **6**, aside from eating them, is the fact that you don't need to shuck them; just put them on the grill for eight or ten minutes until they pop open, and then spoon some melted lemon-herb butter

over them. A number of cities in the Northeast, like Gloucester, Massachusetts, and Providence, Rhode Island, have well-established Portuguese neighborhoods; in them, you'll find restaurants offering Portuguese fish stew **7**, a robust, tomato-based dish chock-full of mussels, haddock, and potatoes: a seafarer's supper if ever there was one. (See pages 112 to 114 for recipes for some of the dishes pictured above.)
—Todd Coleman



Ridiculously thick yogurt. Classically low in fat.







CHAPTER THREE: *Places of* PLENTY

FRUITS OF DESIRE

You can tell a lot about people by the way they buy a melon

EACH SUMMER, I GROW SIX OR EIGHT VARIETIES of melon to sell at the farmers' market in Davis, California, outside Sacramento. Over the years, I've grown about 60 different kinds, trying to discover which ones will thrive in the growing conditions I have to work with.

One year I grew a small, smooth-skinned, golden melon from the Crimea, in southern Ukraine. I found these melons to be disappointing, but I brought them to the market anyway. A portly older customer spied a few on my table and asked me where they were grown. "I grow them a few miles west of here," I said, "but the seeds came from Ukraine."

"I'm from Ukraine," he said. "They look just like the melons from home. Let me take a few."

The following week, the man was at the market an hour before it opened. "Do you have those golden melons?" he asked.

"A few," I said. "Maybe forty or fifty."

"I'll take them all. They are exactly the melon we have at home. There are many people from Ukraine living in Sacramento. They will be amazed!"

For the rest of the season, he was there at the start of each market and bought all the little golden melons. He confided to me, in a low voice, "Everyone is crazy to know where I get these, but I won't tell them. Only you and I know." He winked at me, and I wondered whether this guy was now in the melon-selling business himself.

Some customers stand before the display of melons almost in a trance, with dreamy looks in their eyes and smiles on their faces as they caress and fondle the melons, perhaps holding one against their cheek. And why not? All fruit evolved largely with the goal of being so attractive that you would want to put it into your mouth. The buxom shapes, the sensuous surfaces, the alluring fragrances, the promise of sweetness—these are the classic tools of seduction. The

A selection of melons, left: a Tri-X-313 watermelon (far left), a butterball watermelon (near right, top), an early dew honeydew (near right, bottom), and an ambrosia cantaloupe.

melon knows exactly what it's doing.

And yet, there are many customers who handle the melons unkindly, squeezing and poking them, frowning, searching for imaginary flaws, suspicious that the farmer is trying to cheat them, digging around in the crate to see if there is a better one underneath. It is the old Puritan heritage: a distrust of pleasure. As a fondler and caresser of fruit, I am mystified by the pinchers and pokers—such unhappiness they choose for themselves.

A woman in her late fifties, with helmet hair and a Midwestern accent, comes to my stand and pinches and pokes the melons, frowning. She says, "I'm looking for a classic, old-fashioned cantaloupe. No one seems to grow it here."

"Describe it for me," I say.

"It's about this big"—she holds her hands several inches apart—"and has sort of salmon orange flesh, very firm."

"I think I know what you're looking for. Talk to Eric down there on the right." The melons that I grow are sweet, sloppy, juicy, aromatic, perishable, best eaten at the temperature of an August night, standing over a bathtub. What she's after is a melon that would be described in the wholesale seed catalogues as a shipping and storage melon. It is harvested much too green and stored at much too cold a temperature and

then shipped to a city thousands of miles away, where it will be served at the breakfast buffet of an airport hotel. All in all, a miserable excuse for a melon. And yet, this is probably what she has known all her life, and people search for what they are accustomed to. When it comes to judging food, lifelong familiarity is worth three or four points on a ten-point scale.

A couple approach. The husband, a fondler and caresser, picks up a smooth, yellow-skinned Charentais melon, inhales its fragrance. "These smell fantastic," he says. He turns to his wife. "Let's get a couple of them."

The wife pinches the clasp of her purse with both hands. "No," she says, "we couldn't eat that much. Remember, we'll be away on Saturday."

I'm thinking to myself, The two of you couldn't eat a pair of these little melons in three days? I eat one by myself in about three minutes, standing in a muddy field with my pocketknife in my hand, cutting off slices and tossing the chewed rinds in every direction. And 20 minutes later I eat another one.

Mohammed, a Pakistani immigrant who drives an ice cream truck that plays "Maple Leaf Rag" so relentlessly that by now the tune must have penetrated to his very DNA, buys ten, 12, 14 melons every week, sometimes 20. "Do you eat all those yourself?" I ask. He nods happily. I

charge only a dollar each for melons, but I give Mohammed a break on the price; I know that he earns even less than I do.

Most years I grow a row of a melon from Afghanistan called a *kharbouza*. It's a big melon, ten or 12 pounds, and problematic to grow. The flesh is green, crisp, refreshing, not overly sweet. I bring a few to market but keep them in my truck. People have to ask for them. Over time, immigrants from Afghanistan, Iran, Uzbekistan, and even far-western China have learned that I have these rare melons, hidden.

One evening at the market a young Afghani student comes to my stand. "I bought a *kharbouza* melon from you last week," he says.

"Yes, I remember," I say. "How was it?"

"I took it home to Fremont for my grandfather. Every summer he gets together with a bunch of other old Afghani men and they recite the Koran, the whole thing. It takes three days. It was the third day, and they had just reached the very last words when I walked in and said, 'Grandfather, I've brought you a *kharbouza* melon.' All the old men jumped up and shouted, 'It's a miracle! God has heard us!' And then they cut the melon and shared it among themselves, and they sat on the floor reminiscing about home." —Mike Madison, author of *Blithe Tomato* (Heyday Books, 2006)

GREAT MARKETS IN MEXICO

Mercado de la Merced, Mexico City

Before I enter Mexico City's sprawling central market (pictured below), I always pick up an ear of fresh roasted corn seasoned with lime and red chile powder (pictured at far right; for a recipe, go to SAVEUR.COM/ISSUE130) from



a street-corner vendor. La Merced is a gold mine of utilitarian items such as woven palm-leaf baskets, which I use for serving tortillas at my restaurant in New York City, or nested cookie cutters shaped like moons, heart, and stars. My last stop is always the Mercado de Flores, or the flower-market

section, where I pick up my *papel picado*, elaborately cut folk-art paper designs (I pre-order monogrammed paper for my restaurant). (*Anillo de Circunvalación street between General Anaya and Adolfo Gurrión streets.*)

Mercado Benito Juárez, Oaxaca

I vividly remember my first visit to this market in the capital city of Oaxaca state. I rushed in through the heavy wooden doors of the *mercado*'s entrance into a riot of vivid colors and a cacophony of regional languages I did not understand. I nearly tripped over an old woman sitting on the ground selling huge, lightly charred corn tortillas called *tlayudas*. Everywhere, there was the intoxicating aroma of the gardenias and tuberoses for sale. I found an ice cream stand with wooden signs announcing the flavors of the day, including the caramel-like *leche quemada*, or "burnt milk."

The stand is still there today, as is stand No. 46, an excellent breakfast counter run by the daughter of a woman named Doña Nicolasa, who once said I'd "bewitched" her into giving up her recipe for *chilaquiles*. (*Madero street between Hidalgo and Antonio de León streets.*)

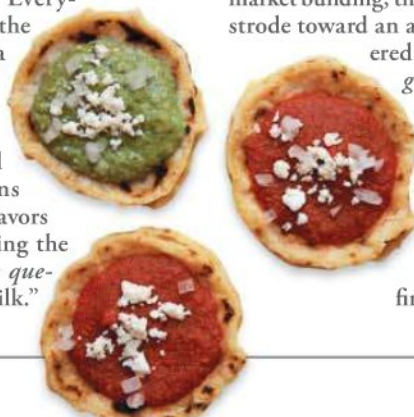
Mercado 5 de Septiembre, Oaxaca

I found the main market in the largely indigenous Oaxacan town of Juchitán de Zaragoza by chance. Driving through the streets of the city on a visit years ago, I caught sight of three women in brightly patterned skirts riding in the bed of a pickup truck. I followed the truck until it stopped in front of the market building; the women hopped off, strode toward an archway, and uncovered baskets filled with *guetabinguis*, small tamales stuffed with dried shrimp, and *totopos*, crispy tortillas that had been cooked in a tandoor-like oven. On that first visit, I spotted a

woman with live iguanas tied to her head, armadillos on leashes, and other wonders that spoke to the region's distinctive indigenous culture. (*Efraín R. Gómez street between 16 de Septiembre and 2 de Abril streets.*)

Tianguis Vendors, Jalapa

Tianguis, or itinerant-street-vendor markets, are fixtures in Mexico, but the ones in Jalapa, the capital of Veracruz state, are unlike others I know. I usually grab a breakfast of *picadas*, tiny tortillas filled with tomato or tomatillo salsa (pictured at left) before browsing produce sold by vendors from mountain villages: wild mushrooms, *quelites* (wild herbs and greens), and edible flowers, including fleshy orange *colorín*, which are made into patties and pan-fried—all culinary staples in this part of Mexico. (*Various locations within the city.*) —Zarela Martinez, author of *The Food and Life of Oaxaca: Traditional Recipes from Mexico's Heart* (Wiley, 1997)





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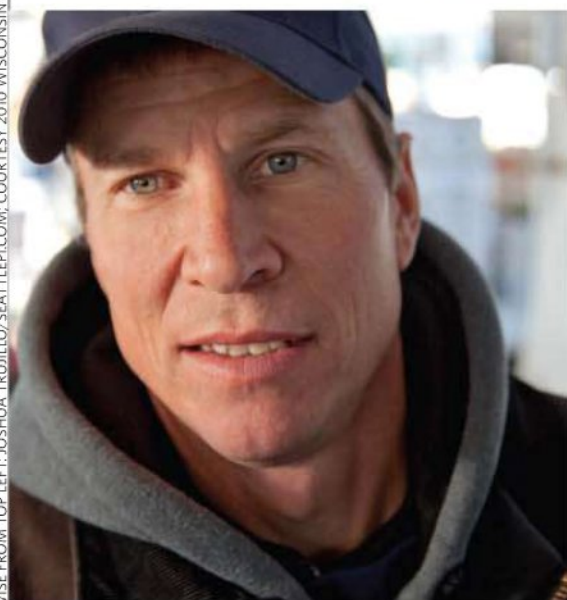


FROM LEFT: TODD COLEMAN; JAMES OSELAND

CITY WITHIN A CITY

THE CASUAL VISITOR TO BANGKOK, THAILAND, might get the impression that its residents do nothing but shop for food. This metropolis of 6 million people is home to dozens of open-air markets, many of them huge, each of them splendid in its own way. I've been going to Thailand since the early 1980s, but it wasn't until a visit last fall that I made a trip to the granddaddy of Bangkok markets, Talaad Thai (31 Moo 9; Phaholyothin Road). Comprising roughly a dozen hangarlike buildings on the city's northern edge, Talaad Thai (whose name simply means Thai Market) feels like a city unto itself. As with most markets, distinct sections are dedicated to different foods: one building for meats, another for fish, another for vegetables, and also a section for food stalls where workers can have a meal (and where I ate a delicious green-mango salad, pictured on the facing page; see page 110 for a recipe). No sooner had I begun to grasp the hugeness of the fruit section, filled with pallets of rambutans and mangosteens as far as the eye could see, than I caught a glimpse of an equally large building next door. Walking into the soaring space, I saw a striking sight: countless bundles of lemongrass stalks neatly stacked atop one another, creating, literally, a wall of lemongrass—I walked for five minutes and saw nothing but these lemongrass barricades. There were giant piles of ginger, room-size stacks of Kaffir lime leaves, and overstuffed bags of galangal (which is what the woman pictured above is selling). What impressed me the most, though, wasn't the visual spectacle. It was the fact that, while Talaad Thai is technically a wholesale market catering to restaurateurs and vendors from other city markets, there were families shopping here: mothers trailing children, picking out the ingredients for a meal they'd likely cook at home later that day. —James Oseland

More scenes from Thai markets at SAVEUR.COM/THAI-MARKETS



LOCAL HEROES

One reward of shopping at farmers' markets is that we get to meet the people who grow our food, many of them champions of sustainable farming and preserving traditional ingredients. Here are several of our favorite farmers: folks who bring delicious food to market and have also changed how we think about it. —*Beth Kracklauer*

The Pioneer

At Manhattan's Union Square Greenmarket (*Broadway and 17th Street; www.grownyc.org*), **Keith Stewart** is known as the Garlic Guy (pictured, above right). Customers rhapsodize about his *rocambole* garlic—an Italian hardneck variety that may not keep as long as the softneck ones found in supermarkets but more than compensates with its nutty flavor and juicy cloves. At his farm in Western Orange County, New York, Stewart raises more than a hundred varieties of other vegetables and herbs, too, including Asian greens such as mizuna and tatsoi. After 23 years experimenting with new varieties of produce that were once hard to find in New York City, he's got-

ten very good at what he does, but he gives most of the credit to his customers. "New Yorkers are a savvy, tolerant cross-section of the whole world," he says. "They're always willing to try something new."

The Family Man

Few farmers' markets can match the vitality of the 105-year-old Rochester Public Market (*280 North Union Street; www.cityofrochester.gov/publicmarket*), which occupies a whopping nine acres in Rochester, New York. **Brent Bushart's** grandfather, Abe, began selling his potatoes there in the 1930s, and Brent (pictured, above left) and his son Bryan are following tradition. The Busharts' vegetables draw plenty of

customers, but their spuds—creamy Yukon Golds and red-skinned Chieftains, among others—remain their top seller. When the potatoes are newly harvested in late summer, they're tender, at their peak of flavor, and very much in demand.

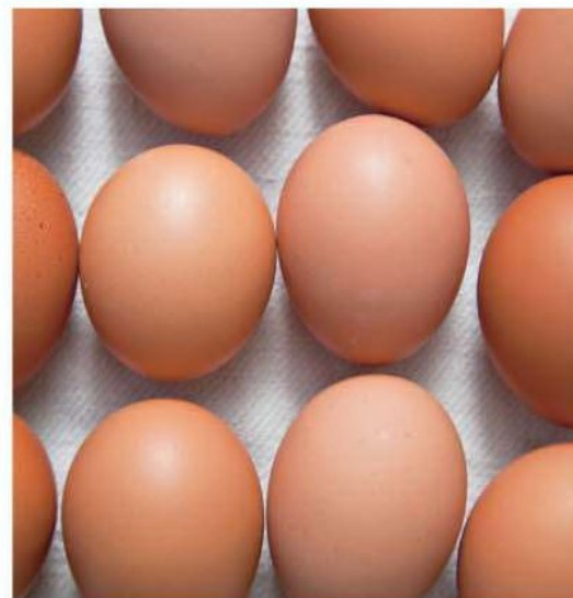
The Activist

Linger long enough at **Ben Burkett's** table at the Crescent City Farmers' Market in New Orleans (*200 Broadway; www.crescentcityfarmersmarket.org*)—piled with okra, collards, and heirloom watermelons he grows on his farm in Petal, Mississippi—and you'll hear his cell phone ring a lot. Maybe it's a local chef like Patois's Aaron Burgau, who plans his menu according to what Burkett (pictured with two boys he works with in an after-school mentor program, bottom center on facing page) has available. Maybe it's someone from the co-op Burkett runs with neighboring farmers. Maybe it's someone seeking assistance from the Federation

of Southern Cooperatives, founded to help black farmers hold on to their family farms. In 1995 he also helped found the Crescent City Farmers' Market, and in 2005, after Katrina struck, he helped get it going again. "The hurricane destroyed some—not all—of our crops," Burkett says. "We needed someplace to sell; people needed to eat."

The Innovators

For small-scale poultry producers, having a place to slaughter and process their birds can mean the difference between survival and losing the farm. Back in 1999, **Lori and Alan Callister**, poultry farmers from West Concord, Minnesota, who sell meat and eggs (pictured facing page, bottom right) at the St. Paul Farmers' Market (*290 East 5th Street, www.stpaulfarmersmarket.com*), decided to take matters into their own hands. "There wasn't a processor near our farm," Lori says, "and we didn't like hauling our chickens long distances." So they set up a processing plant on



their property. Today, the Callisters—who raise Cornish-cross and European heritage-breed chickens as well as turkeys, geese, and laying hens—process for more than 50 other nearby farmers, thereby helping to sustain a network of family farms. But for customers, it's really about the Callisters' peerless product: fresh and flavorful in a way that only meat and eggs from happy birds, raised on a small scale and transported a very short distance, can be.

The Artisan

There's no other cheese in the world like Lil Will's Big Cheese. At the Bleu Mont Dairy in Blue Mounds, Wisconsin, cheese maker **Willi Lehner** (pictured above, top right) washes the rind of this firm, stinky beauty, made with raw cow's milk and aged for 12 months, with a brine containing microbes extracted from the soil on his own farm. It takes confidence to come up with a cheese like that, and in this case it comes of having worked

alongside his father, Billi Lehner, a Wisconsin cheese-making legend who learned the craft in his native Switzerland. Today, Willi sells his ten types of cheese at Madison's Dane County Farmers' Market (*The Square, 2 East Main Street; www.dcfm.org*) and to chefs around the country. Chef Bruce Sherman of Chicago's North Pond, an ardent fan, finds Lehner's approach and his cheeses "deliciously disarming."

The Standard Bearers

In Southern California, where residents have long advanced the "local, seasonal" mantra, the **Weiser family**—Sid and Raquel and their three grown children—who sell at the Santa Monica Farmers' Market (*Arizona Avenue and 2nd Street, www.smgov.net/farmers_market*), have a cult following. Vivid orange cauliflower, Red Thumb potatoes, garish and candy-sweet Purple Haze carrots (pictured above left)—the kaleidoscope of produce the Weisers grow on their

33-year-old farm in Tahachapi, about 100 miles north of Los Angeles, is considered a gold standard for other small area producers. "Selling directly at farmers' markets allows us to grow for flavor, not shelf life," says Alex Weiser. "Our fruits and vegetables can ripen. They taste better, and they're more nutritious."

The Forager

Foraged foods like mushrooms, wild greens, and berries are in demand all over the country, but the bounty available in the Pacific Northwest's forests is without equal. **Jeremy Faber** (pictured top left, with a cauliflower mushroom), a tireless forager who sells at the University District Farmers Market in Seattle (*50th Street and University Way NE; www.seattlefarmersmarkets.org*), chalks it up in part to the abundance of Douglas fir trees. "Douglas fir probably has the highest number of mycorrhizal mushrooms associated with it of any tree in the world," he

says, referring to the symbiosis between fungus and tree root. The Douglas fir's roots can produce mushrooms as varied as chanterelles and lobster mushrooms, much to the delight of Faber's fiercely loyal customers, like chefs John Sundstrom of Lark and Maria Hines of Tilth, in Seattle.

The Convert

In native Hawaiian culture, the taro plant is sacred. **Chris Kobayashi**, a third-generation farmer who sells the root vegetable (pictured facing page, top left) at Kauai's Hanalei Farmers' Market (*5-5299 Kuhio Highway*), therefore takes her job very seriously. Since taking over the family farm in 1990, she has turned to organic practices. In the process, she's become a local celebrity, both for the taro and other vegetables she sells and for the concerns she's raised about the cultivation of genetically modified taro, a threat to native varieties grown and venerated for millennia.

A WORLD OF PICKLES

All around the world, people preserve the season's bounty by turning market produce into pickles that can be enjoyed year-round. You'll find recipes for many of the pickles pictured above on page 116. Haitian *pikliz* **1**, a fiery slaw usually served with fried seafood and meats, gets its heat from habanero or Scotch bonnet chiles. Called

l'hamd markad in Morocco, preserved lemons **2** lend a concentrated, tart flavor to tagines and savory pastries. Vietnamese pickled shallots **3**, called *dua hành*, complement rich dishes like pork *kho*—pork braised in a savory-sweet caramel sauce—and grilled meats. In southern India, a meal often ends with rice, yogurt, and

a tangy lime pickle **4** seasoned with coriander and black salt. Made with young sea kelp and cucumber, *kyuri zuke* **5** is one of a variety of palate-cleansing, quick-pickled vegetable dishes known in Japan as *sokuseki zuke*. In Spain's Basque region, pickled leeks **6** are served cold in salads or eaten as a snack. Pickled turnips

colored with beet juice **7** are beloved in the Arab world, where they're usually called *torshi left*; in many Middle Eastern markets, vendors lure customers with bread drizzled with the pickling liquid. Corn relish **8**, popular in the southern United States and in Pennsylvania Dutch country, is typically made with pimentos and tender kernels as well

as the corn's milk, which is released when the kernels are scraped from the cob. Pickled tomatoes **9**, a Russian favorite, are preserved whole, often with garlic and hot peppers. In Germany, pickled asparagus spears **10** are served, heated, as a side dish. They are also delicious cold, with homemade mayonnaise. —Marne Setton





SPECIALTY TRADE

WHENEVER I VISIT Hong Kong, I find myself wandering away from the crowded shopping districts and toward Des Voeux Road West, also called Dried Seafood Street. This street and every alleyway along it are lined with shops and stalls packed with dried seafood, an essential ingredient in Chinese cooking. There are bags of tiny, orange shrimp, tangles of delicate whitebait, stacks of iridescent red mullet with yellow stripes down their backs. Shark fins, two and three feet tall, are arrayed in glass cases like toy boat sails. Most of the ingredients on offer—like scallops, which are often soaked and added to fried rice, or the shrimp, which are stir-fried with vegetables—are valued for their concentrated flavor. Others—shark fins, sea cucumbers, and fish maws (swim bladders)—are prized for their high collagen content, which gives soups a lush, thick texture. One recent afternoon, I wandered into a narrow store, where the proprietor, an elderly man in an elegant dress shirt, introduced himself as Lee Ping (left) and told me that he'd been in the dried-seafood business for 50 years. He showed off his extraordinary selection of fish maws, holding up specimens from South America, the Indian Ocean, and Africa's Lake Victoria, some worth more than \$1,300 a pound. He probably knew I wouldn't buy them, but that didn't seem to diminish his pride one bit. —Georgia Freedman

EATING MUMBAI

A cook comes home to savor the flavors of two favorite markets

MY HOMETOWN, MUMBAI, is one great big market. Jumbles of shops and stalls and carts spill into the streets, intersecting with one another, creating markets within markets, cities within worlds. Whenever I return from my current home in San Francisco, I love to lose myself in it all, to revel in the fascinating juxtapositions that bubble up out of Mumbai's incredible ferment of cultures.

Some of these markets are official buildings with permanent, licensed vendors; others are informal, cropping up under trees, in alleys, near places where office workers congregate, outside railway stations, in the middle of intersections. Though I was aware of these markets as I was growing up, they were not really part of my childhood; my mother (and many mothers like her) avoided the crowds and the chaos. But when I started shopping in Mumbai for myself, I marveled at the humanity and the grit, and discovered places that (like Mumbai itself) functioned with their own complex and beautiful logic. The markets I returned to the most often were Bhuleshwar and Null Bazaar, two contiguous shopping areas in South Bombay. Bhuleshwar is predominantly Hindu and Null Bazaar Muslim, but neither is wholly the one or the other in the ecumenical Mumbai way.

On my latest trip to Mumbai, my cousin Lyla and I decide to spend a hotter-than-Hades day jostling through Bhuleshwar, dodging hand trucks, scooters, bicycles, taxis, and other jostlers. We start the morning at

Badshah Cold Drink Depot (152/156 Umrigar Building), a Mumbai institution I've been coming to since my college days. The tables are decorated with sprays of mango leaves, and the menu is a long list of fruit juices and Persian-style milk shakes. We order *falooda*, a sweet drink served in tall glasses that reveal layers of basil seeds, vermicelli, rose or saffron syrup, and milk, topped with a scoop of *kulfi*, a dense and silky Indian ice cream.

As we linger over our cold drinks, happy to be out of the already throbbing heat, I watch the action outside. A street vendor is frying *bhajias* (vegetable fritters); others wander with baskets on their heads brimming with *singoda* (green-skinned water chestnuts). A man walks past carrying cages containing colorful birds; a couple of cats follow him. I love how animals are a part of the market experience here: pigeons are given food and lodging; dogs, goats, and cows wander around freely, their presence accommodated, appreciated. Once, not far from here, I turned a corner to find myself up against the rear end of an elephant.

We begin our walk in Mirchi Galli (Chile Alley), and my nose tingles at the scent of dried red chiles and cardamom. At my favorite spice shop, the third-generation owner stops what he's doing and engages in a 20-minute conversation with me about the merits of his *jardalus*, dried Afghani sweet-kernel apricots.

Next we head over to the pots-and-pans market, Barthan Bazaar. I've come here to buy perforated molds for making *panir* (a fresh Indian cheese) and jars with lids for storing ghee. Many cookware items here that were once made of brass and copper are now cast in aluminum or stainless steel, but in other respects, the old ways persist in the market: a knife seller

sharpens customers' old blades by hand, and a man is making tweezers by melting down scraps of tin over a furnace.

Hungry by late morning, we make our way to Khao Galli (Snack Alley) just as its stalls are coming to life. You used to be able to stand in the street and watch the maker of *jalebis* (sugar syrup-soaked fritters) leaning over his woklike *karahi*, pouring spirals of chickpea batter onto the surface of the bubbling oil with a meditative focus as the market swirled around him. Now his business has moved indoors, but he works the same way: pouring, flipping, and scooping up the fritters before drizzling them in saffron-scented syrup. It strikes me that these repeated actions—the skilled flick of the wrist, the removing of the *jalebis* at the perfect moment—performed and perfected over generations, represent an inherited and unsung art.

Nearby, in Bhaji Galli (Vegetable Alley), the afternoon sun is turning everything silver. I breathe in a cocktail of limes, green chiles, fresh coriander, curry leaves, and green mangoes. We pass vendors sitting at tables, doing the heavy work of cutting up vegetables for pickling. Boxes are piled high with pumpkins, bitter gourds, eggplants small and large, rat-tailed radishes—all of it arousing in me a mad lust for cooking.

One could spend an entire day in Bhuleshwar alone, a life even, but we've edited our itinerary in order to cover (*continued on page 82*)

1 Spices and dried fruits on display at a shop in Mirchi Galli (Chile Alley). 2 A fabric shop in Bhuleshwar. 3 Samosas (see page 108 for a recipe). 4 A market haul in the trunk of a taxi. 5 *Haleem*, or lentil stew, at a vendor stall in Null Bazaar (see page 112 for a recipe). 6 A spice shop in Mirchi Galli. 7 Apple gourd for sale in Bhuleshwar. 8 A waiter at Badshah Cold Drink Depot. 9 *Falooda*.

GREAT MARKETS IN THE CARIBBEAN

Coronation Market, Kingston, Jamaica

Higglers (sellers) hawk their wares in rapid-fire patois at this frenetic market—one of the Caribbean's largest for produce—located in the heart of Kingston. You can snack on beef patties or jerk chicken (pictured at right; for a recipe, go to SAVEUR.COM/ISSUE130) while browsing local produce: leafy callaloo for pepper pot soup, spiced with Scotch bonnet chiles; *cho cho* (also known as chayote), a fruit that's often added to stews; bright red sorrel flowers, used in a tangy drink; sacks of dried pigeon

peas and hominy; and starchy breadfruit, which Jamaicans eat roasted, fried, boiled, or stewed in a porridge. For a small fee, men with wooden handcarts will transport your purchases to your taxi. (*New William Grant Park.*)

Potter's Cay, Nassau, Bahamas

This assemblage of stalls beneath the Paradise Island bridge is where local chefs buy their fish, lobster, black crabs, and conch, all of it sold

fresh off the boat. You can also find pumpkins, papaya, cassava, and other varieties of fresh produce here. But the best reason to visit is to feast on seafood dishes prepared at the waterfront stands: conch fritters, salad, and chowder; lime-and-chile-spiked "scorched" conch; grilled fish; steamed lobster; plus sides like fried plantains and johnnycakes. (*Beneath the Paradise Island Bridge.*)

Chaguanas Market, Chaguanas, Trinidad

Every morning at five o'clock, scores of vendors set up at

rows of long tables in the covered pavilion at the center of this famed market town to sell everything from pickled mango to live poultry. There's a section for mackerel, red snapper, and other fish; one for spices like cumin, cloves, coriander, and peppercorns; an area for fruits and vegetables; and one for every imaginable cut of pork. It's all best taken in while noshing on Indo-Caribbean snacks like doubles (curry-filled flatbread), *sabeena* (taro leaves dredged in split-pea flour and deep-fried), or a bake-and-shark (a deep-fried shark filet tucked into fry bread with chutney, slaw, and cilantro). (*Main Road, near the local police station.*) —Betsy Andrews





SPAIN'S MARKET MASTERPIECE

At the oldest continuously operating urban food market in Europe, Barcelona's 174-year-old Mercat de Sant Josep, known to everyone as La Boqueria (*Plaça de la Boqueria*; 34/933/182-584; www.boqueria.info), you can purchase provisions from goat meat to goose barnacles, anchovies to sea anemones, shallots to chanterelles. I've lived in Barcelona for 35 years, and the sheer artistry with which this sprawling edible tableau is presented never fails to amaze me. Inside the 20,000-square-foot structure in the Old City there are 250 market stalls, 11 restaurants and bars, and countless opportunities to sample and graze. I never stop making new discoveries at La Boqueria (whose name, incidentally, derives from an old Catalan word for goat, though no one seems to recall why). And yet, like most people I know here, I'm fiercely loyal to a few market standouts. —George Semler, author of *Barcelonawalks* (Henry Holt, 1992)

Vidal Pons

This legendary produce vendor straddles both sides of the market's main entrance, off the central thoroughfare known as La Rambla, and offers a fitting welcome with its riotous display of vegetables, fruits, nuts, candies, olive oils, and dried fruits (stalls 465/512; phone: 34/933-187-390).

Bar Pinotxo

Juanito Bayén's bar has only a dozen stools, but it has played a big part in the lives of Boqueria regulars for a half century. Bayén prepares specialties such as *cigrons amb butifarra negra* (chick peas with sausage) and *calmarsets amb mongetes de santa pau* (baby squid with white beans) (stall 466; phone: 34/933/171-731).

Cansaladeria Can Vila

Among the glorious cured meats sold at this stall in the market's northwest corner are dozens of prized Ibérico hams along with sausages, chorizos, and excellent cheeses from the best producers in La Mancha, Roncal, Mahón, and virtually every other region of Spain (stall 162; phone: 34/933/024-581).

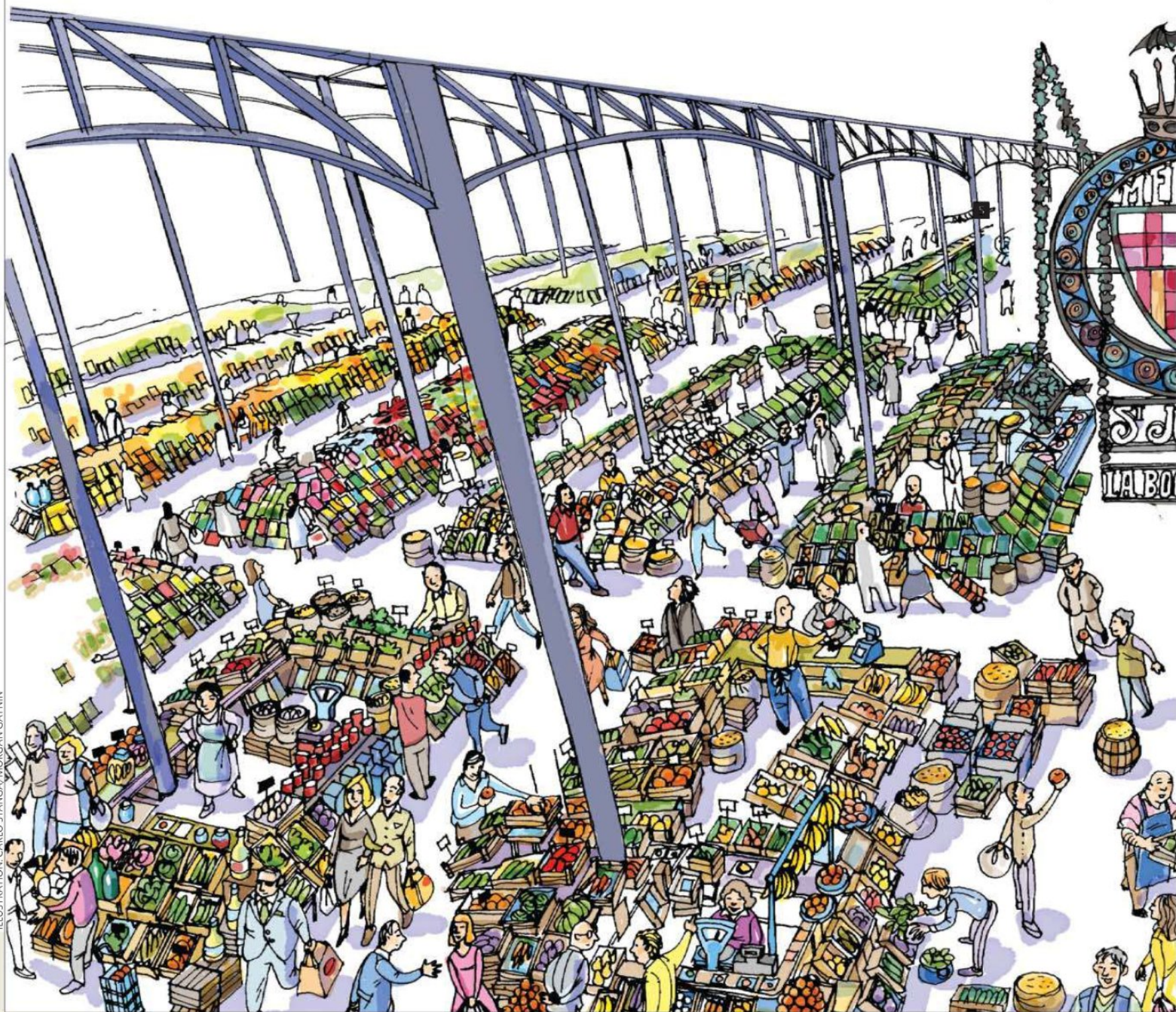


ILLUSTRATION: CARLO STANGA/MORGAN GAYNIN

El Quim de la Boqueria

Joaquim Márquez, the owner of this elegant tapas bar, knows every inch of La Boqueria, and he turns the market's bounty into flavorful creations, including *ous esclafats amb xipirons* (fried eggs with baby squid) and *gambes a l'all amb reducció de cava* (garlic shrimp in cava) (stall 584; phone: 34/933/019-810).

Petràs Fruits del Bosc

Llorenç Petràs, the owner of this stand near the back of La Boqueria, is widely acknowledged as the mushroom czar of the Western world. Petràs offers foraged mushrooms from Catalonia's forests, including regional favorites like subtle-tasting *ou de reig*, as well as varieties from as far afield as Asia and South America (stall 867; phone: 34/933/025-273).

Avinova

Avinova is where I buy all my poultry and wild game: Bresse chickens, wood pigeons, quail, ducks, partridge, pheasant, hare, and more. From October to March, the hunting season in Catalonia, the selection here soars. In the spring, I come to admire the impressive choice of snails (stall 689; phone: 34/933/013-071).

Jesús y Carmen Frutas y Verduras

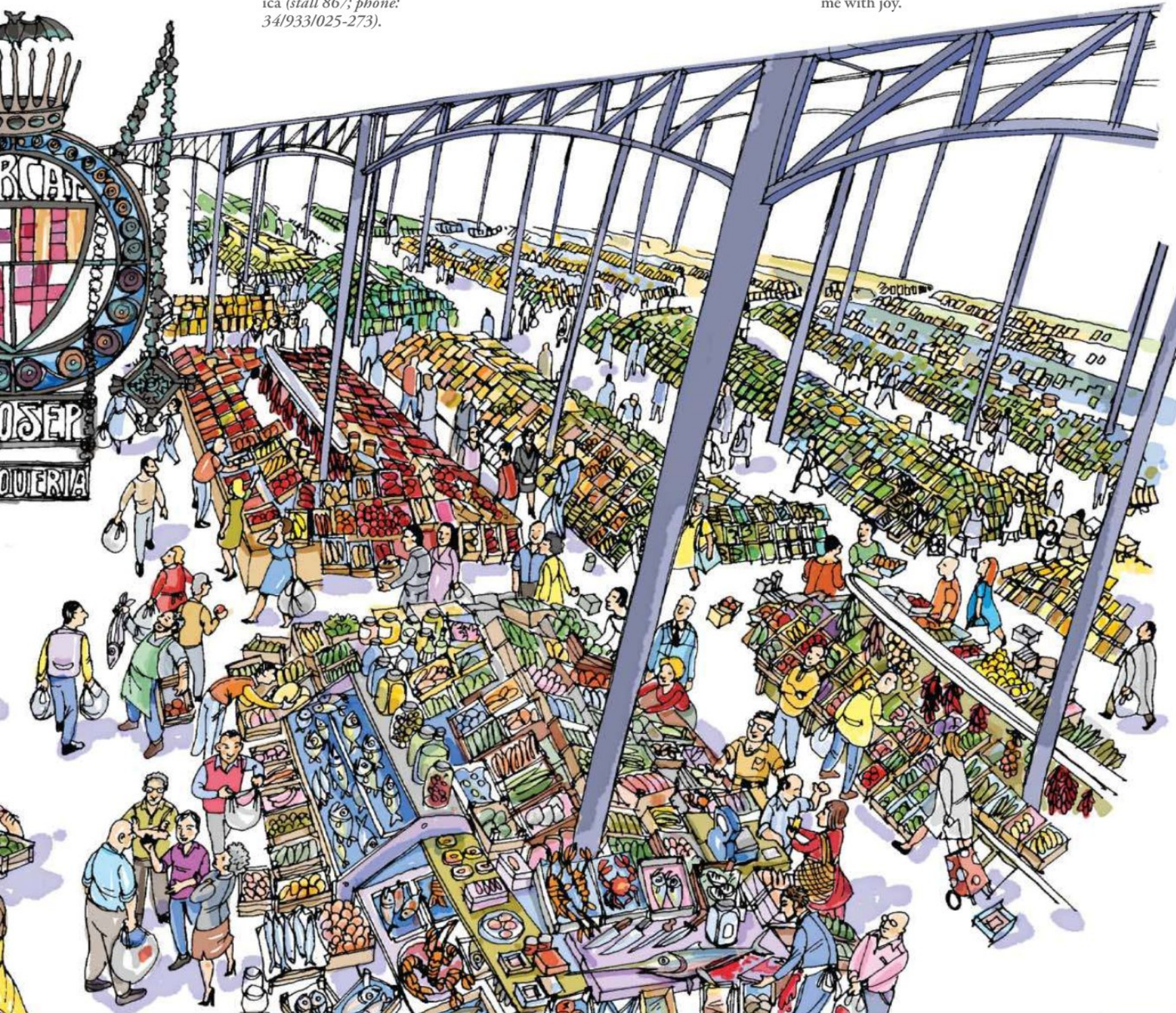
A colorful curtain of dried chiles is strung across the front of this stall in the central part of the market. The husband and wife who run the business offer more than a dozen varieties, both fresh and dried, from around the world, as well as a great selection of microgreens and baby vegetables (stall 579; phone: 34/933/022-981).

Fishmongers' Section

La Boqueria's sanctum sanctorum is the oval island of fishmongers at its center. I like Genaro (stall 734; phone: 34/933/021-242), a business that's supplied the city's best restaurants since 1920, and Peix Pilarín i Cristina (stall 838; phone: 34/933/013-049), whose artful display of bloodred Palamós shrimp is enough to fill me with joy.

Fruits Secs Morilla

This vendor's stock of figs, dates, raisins, nuts, and, above all, spices is encyclopedic. The range of peppercorns alone spans the spectrum and the globe: black, green, white, Sichuan, Jamaican, and dozens of other varieties. Even if I'm not shopping for anything in particular at Morilla, I always pause here to breathe it all in (stall 359; phone: 34/933/019-427).



(continued from page 78) more ground. Near the covered market building of Null Bazaar, we catch the nutty aroma of *haleem*, a cracked wheat-and-lentil stew (see page 113 for a recipe), and it draws us on until we reach a vendor standing before an enormous kettle. We order our *haleem* and top our bowls with garnishes set out on a tray: cilantro, fried onions, garam masala. This is the sort of street food you must pause to eat, spoonful by nourishing spoonful.

We continue on our way to Diamond Samosa Shop (155 Saifee Jubilee Street), which sells exceptional samosa *pattis*, the wheat-flour skins used to make Mumbai-style samosas, shatteringly crisp triangles of fried dough filled with ground meat, vegetables, or scrambled eggs (see page 108 for a recipe). The *pattis* are made right in front of us by flour-dusted lads, who roll out large disks of dough, baking them on iron griddles, separating the layers, then stacking them in neat bricks. I will bring the *pattis* back to the States with me, because I never succeed in rolling the dough out so perfectly thin when I try to make them from scratch. As we walk on, arms laden with goods, the colors of dusk are gathering in the sky, and I think of the beautiful samosas I'll make. —Niloufer Ichaporia King, author of *My Bombay Kitchen* (University of California Press, 2007)

TRUE ROMANCE

The relationship between vendor and customer is a passionate one

IT HELPED THAT Signore Carciofo sold all my favorite foods: artichokes, asparagus, tiny sweet peas, and all the early spring vegetables that are available for a few weeks until, around the same time as the strawberry blossoms, they disappear for another year. It helped that the market where Signore Carciofo sold these things was in one of the world's most romantic places: San Gimignano, the medieval Italian city famous for its impressive towers that rise above the rolling Tuscan plain. It helped that he was handsome. It helped that he spoke no English and that my Italian was limited to the names of the most common proteins, vegetables, and carbohydrates. It probably even helped that I never knew his real name and thought of him only

At markets in China, prices are set according to the same principles that govern pricing the world over, but widely held *beliefs regarding numerology often determine the final digit: an 8, for example suggests good fortune, whereas a 4 is considered unlucky.*

SOURCE: RUTGERS SCHOOL OF BUSINESS



Above, clockwise from top right: Spaghetti with grilled artichokes (see page 113 for a recipe); a butcher in Naples, Italy; chianti artichokes at a market in Rome, Italy.

as Signore Carciofo, or Mister Artichoke.

This was in 1989. My husband, our two sons, and I were on our way home from a long stay, on a fellowship, in what was then still called Yugoslavia. The plan was that we would stop in Italy for a month to decompress before returning to face our ordinary lives. This was just before Tuscany became the international tourist mecca that it is today. We walked into a real estate office and rented a house overlooking a vineyard for a price that even a young arty family like ours could afford.

We had our own kitchen, for the first time in months. And you can imagine how a Tuscan market looked to us after several months of Eastern Bloc restaurant food.

Anyone who has ever shopped in an Italian market—or in most markets, really—knows how much nerve it takes to wade into the crowds surrounding the most popular stalls. But the size and the raptness of the crowd surrounding

Signore Carciofo's vegetable stand made you feel that you really had no choice but to join it.

All these years later, I can hardly remember what Mister Artichoke looked like. What I do recall is the concentrated attention he gave each customer, a level of focus I've since heard attributed to Bill Clinton and certain religious leaders. When at last it was my turn, we looked at each other, and the rest of the world disappeared. I forgot even the few Italian words I knew. I pointed uncertainly at the green-purple artichokes, still on their stalks.

"Carciofo?" I asked hesitantly.

"Bravo. Carciofo."

And the romance was on. From then on I bought all our vegetables from him. It was hardly a secret affair, nor was it exclusive. I shared Mister Artichoke with half the women in San Gimignano. When my husband and sons were with me, the flirtation included everyone, and everyone was enchanted. My family was



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ANCIENT MARVEL

I'D NEVER PAID MUCH attention to Trajan's Market, a great, semicircular complex of ruins near the Colosseum in Rome (near via dei Fori Imperiali). Having spent years studying the origins of Mediterranean cuisine, I'd read about this wonder of antiquity, completed in A.D. 110, during the reign of the Emperor Trajan, but I'd always been too busy admiring Rome's other splendors to really examine it. On a recent visit, though, I paused before the structure, with its arched entryways and recessed rooms, and imagined myself an ancient Roman citizen, browsing the stalls, taverns, and shops that occupied these roughly five-acre grounds 2,000 years ago.

What would have been on my shopping list? Modern-day Italian staples like pasta and tomatoes were unknown in ancient Rome, and offal such as sow's womb and bacon-wrapped pig bowels were delicacies, as was fresh fish. I thought of a charismatic recipe I'd found in the writings of Marcus Gavius Apicius, a Roman epicure from the first century A.D. It called for grilling whole fish in a pungent marinade of black pepper, coriander seeds, dried mint, celery seeds, onions, raisins, honey, vinegar, wine, and oil. Trying to recall all I'd read about the *Mercatus Traiani*, I began to picture what it might have been like to shop for that dish here.

First, I would have stopped at a *piscatorium*, or fishmonger's shop, located on the first floor of the market alongside the *macellarii*, or butchers. I would have chosen from among the shop's live fish, delivered fresh from the nearby harbor city of Ostia and displayed in stone tanks fed by an ingenious plumbing system that delivered saltwater from the coast. I'd have handed the fishmonger a few *denarii*, the heavy silver coins that were the era's imperial currency, for my purchase and then headed to the market's second floor, which housed shops selling oils and wines. Walking through the well-preserved ruins on that last visit to Rome, I could see where a wine shop once stood: the room still had a hole in the floor where spilled wine could drain—a reminder of how brisk business must have been in thirsty ancient Rome.

I envisioned myself choosing from dozens of strong red wines, stored in earthenware amphorae and meant to be diluted with water; for such a lavish dish I might have asked for one of the especially potent wines from Falernum, made with grapes from which modern-day *aglianico* is thought to be descended. Next I'd have followed the pungent aroma to a vendor selling *liquamen*, also called *garum*, the typical flavoring of ancient Rome and an ancestor of Worcestershire sauce; made of fermented anchovies and fish entrails, the dark-colored liquid probably resembled modern-day Southeast Asian fish sauce. On the third level were the sellers of spices and dried goods, where I'd have purchased precious black pepper, imported from India, and the other flavorings for my grilled fish. Haggling—and, in the event of a disagreement, appealing to the market's *aedile*, an arbitrator whose sole duty was to resolve disputes—I'd have assembled the ingredients for a splendid supper.

My ideal dining companion for the feast? The Roman satirist Juvenal, a contemporary of Trajan whose biting critiques painted a vivid picture of Roman society. Famous for his maxim that Romans cared more about "bread and circuses" than civic affairs, Juvenal, I've always thought, would have understood me well. —Clifford A. Wright, author of *A Mediterranean Feast* (William Morrow, 1999)

there when I first discovered *agretti*, the grasslike Italian vegetable that, sautéed with garlic and olive oil, tastes of lemon and seaweed. And the next time I went to the market, telling Mister Carciofo how good the *agretti* was and somehow getting him to understand what I meant, ours was a conversation charged with all the enraptured discovery of a mutual passion.

Market love—the attraction between a shopper and the person from whom that shopper buys meat or cheese, lemons or shrimp—is in many ways so romantic that it borders on the erotic. Like other kinds of love, it is based on an affection for a single person who (or whose goods) we desire above all others. When we walk into the market, we and "our" seller of spices or beans are aware of each other's presence, just as we are physically conscious of where a lover is standing at a crowded party. Questions of fidelity arise (did you buy from someone else?) and of competition: Will our affections be stolen by another? There is, in our exchanges, pleasure and flattery: the implied faith that this person's arugula is the tastiest that can be had. Each meeting builds on the last, until we and "our" seller of eggplants or onions have a shared past.

My romance with Mister Artichoke ended as such affairs often do: I moved away, moved on. I moved on to the tortilla maker in Mérida, the mushroom guy in Aix-en-Provence, on to the butchers in New York City's Little Italy, to the father and sons who ran the Mohican Market in Kingston, New York, where for years I bought vegetables. I moved on to all the subsequent objects of my market love, men and women on whom I patterned the hero in my novel *Household Saints*: a handsome butcher whom all the neighborhood women adore, even though (or perhaps because) he ritually cheats them, pressing his thumb on the scale.

Who doesn't love the butcher? Like all those who sell us food, he is so often more reliable than most ordinary lovers. Our market loves are there for us. They remember what we like. They save us the choicest cuts, the best apples, the freshest lettuce. All those tricky issues (finances, loyalty, family) that cloud most relationships are blessedly transparent. And, unlike so many other kinds of romance, these love affairs not only withstand familiarity but can be renewed and revived from day to day. They culminate each evening in the pleasure of dinner and resume anew, in the bright fresh morning, when the market reopens for business. —Francine Prose, author of *Anne Frank: The Book, the Life, the Afterlife* (HarperCollins, 2009)

SOUL POWER

Sunsets on the steps
of the Lincoln Memorial

Sunday strolls at
Dupont Market

Underground Sounds
at Bohemian Caverns

Inspiration at
Art Galleries

Award-winning Chefs



▶ 3

Cultural Excursions



▶ 4

Powerful Moments



▶

Fresh Markets



▶ 5

Free Attractions



▶ 6

DISCOVER SOUL-STIRRING MOMENTS IN DC THIS SUMMER.

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Family Fun. DC is the spot for families craving to plug into fun. Take a bike tour of our nation's monuments and memorials. Stop for a tour of Julia Child's Kitchen at the Smithsonian American History Museum and grab a table for Restaurant Week for Kids (June 20-27). Hungry for more? WASHINGTON.ORG/FAMILY

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MODERN ICONS

An homage to the American supermarket

AT A TIME WHEN FARMERS' markets, boutique grocers, and artisan bakeries are the go-to places for food-savvy shoppers, supermarkets get a bad rap as symbols of corporate homogenization and the dumbing-down of taste. That may be true to some degree, but if the two of us have learned anything from our travels around the country to research our *Road-food* books and website, it's that a stroll through a town's local supermarket can be every bit as enlightening as a visit to an open-air market in an exotic, faraway place. We like supermarkets because they're practical and big and easy to navigate, sure; but more than that, we love them because, like all markets, they are portraits of the way people cook and eat.

For one thing, consider this: there is hardly a more revealing way to study human nature than to look into customers' loaded shopping carts. Call it culinary anthropology or just plain voyeurism, but over the years, the act of extrapolating life stories from supermarket shopping carts has become something of an obsession for us. The contents can make as unequivocal a statement as whole grains scooped into recyclable bags with biodynamic vegetables or, conversely, Wonder bread, Sno Balls, and family-size jugs of Pepto-Bismol. There's the lazy cart (nothing but frozen dinners and deli salads), the square-meals cart (pot roast, potatoes, a brick of ice cream, a can of Maxwell House), the multiple-personality-disorder cart (Fruit Loops and actual fruit; Weight Watchers desserts and Double Stuf Oreos), and so on.

If the contents of a shopping cart are a portrait of a person, then the contents of the store reveal something even bigger. Browsing the aisles of even a seemingly cookie-cutter ultra-mega-market can serve as a sort of edible GPS. If you doubt that, just look at what takes center stage in the cured-meat cooler: country ham? Andouille sausage? Scrapple? *Goetta*? Streak o'lean? Chorizo? Or is it smoked whitefish and lox, or maybe vegan soysage? Does the store smell of chocolate chip cookies or garlicky old-world salamis? Of smoldering alder wood from

A Super Giant supermarket in Rockville, Maryland, in 1964.



SUPERMARKET FINDS

Alongside all the familiar national-brand staples on supermarket shelves, you'll find locally prepared and packaged foods that reflect the tastes of a given city, state, or region. If you're in Montana, you might pick up a regional specialty like huckleberry jelly. If you're in Wisconsin, it might be cheese curds. There's Taylor's pork roll in New Jersey, Goo-Goo Cluster liqueur in Tennessee, and on and on. Here, some local and regional gems we've found in supermarkets during our travels. —J.S. and M.S.



Datil Pepper Hot Sauces (Florida)

Datil chile peppers, similar to fiery habaneros, are grown only around St. Augustine, Florida, and only in small patches. Growers turn them into marinades, rubs, and hot sauces with names like Liquid Summer and Devil Drops and sell them at local supermarkets. (www.saucebossstore.com)



Southwestern-Style Pico de Gallo (The Southwest)

While most of the world thinks of pico de gallo as a fresh chopped-tomato salsa, people in places like Arizona and Southern California often know it as something entirely different: a fiery-salty spice powder that gets sprinkled over fresh fruit, among other foods, creating a sweet-hot-tart combustion that's dramatically refreshing. (www.picodegallo.net)

Idaho Spud Bar (The Northwest)

Once you develop a taste for these chewy chocolate-marshmallow-coconut candy bars, made in Boise, Idaho (without potatoes, we should note), and sold in supermarkets and convenience stores throughout much of the Northwest, you might not ever bother with that highfalutin single-origin dark chocolate again. (www.idahospud.com)



Martha White Flour (The South)

Even if it weren't the longtime sponsor of the Grand Ole Opry in Nashville, Tennessee, we'd still love Martha White's self-rising, lightly salted flour for its preternatural ability to make biscuits practically airborne. We've found it in supermarkets, like Publix and Kroger, throughout the South. (www.mybrands.com)



Fox's U-Bet Chocolate Syrup (New York City and Environs)

Any real New Yorker will tell you that a chocolate egg cream—that classic concoction of chocolate syrup, milk, and seltzer (and containing neither eggs nor cream)—is not a chocolate egg cream unless it contains Fox's U-Bet syrup, made in Brooklyn and sold throughout the region. It's got real cocoa and forms those distinctive brown streaks inside the glass. (www.webrestaurantstore.com)



Stew Leonard's Potato Chips (Connecticut and New York)

Made and bagged just moments before you buy them, the chips sold at Stew Leonard's supermarkets in Connecticut and New York are probably a lot like the original local specialty known as Saratoga chips. Gnarled and thick enough to be occasionally chewy where they are not brittle-crisp, these chips deliver big, earthy potato flavor, and you can't find them anywhere else. (See www.stewleonards.com for store locations.)



Wimmer's Franks (The Midwest and Upper Midwest)

Wimmer's has been making sausages in Nebraska since 1934, and its natural-casing pork-and-beef frankfurters—longer and slimmer than your average hot dog—are a benchmark of wiener pulchritude. We've purchased them bunned and ready to eat at Bob's Drive-in



in Le Mars, Iowa, but you can buy them at supermarkets across Nebraska, Iowa, South Dakota, Minnesota, and Kansas. (Available from



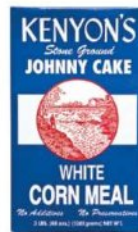
Nebraska's Famous Steaks, 888/463-8823

Killer Brownies (Ohio)

The term *killer brownies* gets thrown around by overambitious pastry mongers all the time, but the West Point Market of Akron, Ohio, has actually trademarked the phrase—and amply justifies doing so by baking devastatingly fudgy bars, packed with chocolate chips and layered with caramel. (www.westpointmarket.com)

Johnny Cake Meal (Rhode Island)

Johnnycakes—corn cakes usually served with maple syrup or molasses and butter—are considered a birth-right in Rhode Island. And for a lot of folks there, it's not really a johnnycake unless it was made with locally milled cornmeal. We never have a problem finding Kenyon's brand cornmeal, which has been around for decades and makes especially rich-tasting johnnycakes, in Rhode Island supermarkets. (www.kenyonsgristmill.com)



Grill Sauces (New York State)

People in upstate New York have a special passion for grilled and marinated meats. Supermarkets around the city of Binghamton, in the central part of the state, for example, stock practically an aisle full of locally bottled sauces like Dinosaur Habanero Wango-Tango Sauce, Old Cape Cod BBQ and Grilling Sauce, and Salamida State Fair Spiedies Sauce, which tastes just like Italian dressing and is used to marinate grilled skewers of pork or chicken locally known as spiedies. (www.dinosaurbarbecue.com for the Habanero Wango Tango Sauce)



a smokehouse out back or of briny seawater from lobster pots in the fish section? Check out the chips, soda, candy, and bread; we'll wager that, next to the Cheetos and Baked Lays, there are brands on the shelves that you can't get a hundred or two hundred miles away.

We are firm believers in grocery store sight-seeing, and we seldom leave a place without a trunkload of edible souvenirs purchased at the local Safeway or Piggly Wiggly or Jewel-Osco or Pathmark. If we're in Clarksburg, West Virginia (one of the best places in America for Italian food, thanks to the Italian miners and railroad workers who settled there), we head to Oliverio's Cash & Carry (427 Clark Street; 800/296-4959) and stock up on the peppery olive salad, the pickled vegetables, and the pasta sauces made by the family that runs the place. In Louisiana Cajun country, it's common for butchers in supermarket meat departments to make pork and rice boudin sausage on tables directly behind the meat section's display cases. They sell it by the link from hot boxes near the cash register, and many customers snack on it as soon as they buy it, chitchatting with one another as they walk to their cars.

Indeed, supermarkets can be fine places to eat, too. One of the best, in our opinion, is the West Point Market of Akron, Ohio (1711 West Market Street; www.westpointmarket.com), which combines the high-end panache of London's Harrods with the personal charm of a Midwestern town grocery store. The ceilings are low, the lighting is soft, the room is quiet—an ideal setting for enjoying the market's downright delicious chicken pot pie, mac and cheese, and other home-style comfort foods at the in-store café. And at Lunds & Byerly's, the Minnesota-based chain (www.lundsandbyerlys.com), you can belly up to a table and have eggs with wild rice sausage for breakfast or local broiled walleye for lunch. At Stew Leonard's supermarkets around Connecticut (www.stewleonards.com), we've enjoyed many a lobster roll with buttered corn on their breezy patio. And in Austin, Texas, the Whole Foods Market flagship store (www.wholefoodsmarket.com) contains a slew of eateries, from a barbecue stand to a raw bar; you can even pop open a bottle of wine, as long as it's one you bought at the store. A member of the staff will pour it into a nice glass for you, and there's no corkage fee, which is more than we can say for many of our favorite restaurants. —Jane and Michael Stern, SAVEUR contributing editors and authors of *Roadfood.com*

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TODD COLEMAN

LUNCH BREAK

I TOOK THIS PHOTO WHILE EXPLORING THE Kumkapi fish market in Istanbul. The seated man is Serif Çay, co-owner of Itimat Balıkçısı, one of about 25 fish stalls that make up the market, which extends along a coast road, not far from the city's famed Blue Mosque. The market is also home to some dozen small restaurants that specialize in grilling and frying customers' fish. At around 3:00 or 4:00 p.m. on most days, Çay takes some of his fresh fish to the restaurant next door, where a cook prepares it for Çay's lunch. On the plate nearest him are anchovies that were sautéed in olive oil; there was also a whole grilled gilthead sea bream—a small, succulent fish usually referred to as dorade in the United States—and *çoban salatası*, or shepherd's salad, a mix of finely chopped tomatoes, cucumbers, onions, green peppers, and parsley. Çay usually invites his co-workers (and, sometimes, marketgoers who happen to be passing by) to join him for his afternoon meal. —Todd Coleman

W More scenes from Turkish markets at SAVEUR.COM/TURKISH-MARKETS



THE ART OF DISPLAYING FOOD

UNSEEN IS UNSOLD. So goes the age-old maxim of market vendors, who know that the first and most crucial step in selling their product is catching a customer's eye. That's one of the reasons why a well-stocked market stall is such a visual feast, as much art exhibit as it is commerce. The meticulously stacked rows of mangoes and tangerines and apples (like the one pictured above, at the Municipal Market in São Paulo, Brazil); the carefully arranged cheeses, their placement drawing attention to contrasting shapes, sizes, and textures; the towers of cookie tins or pickle jars at the end of a supermarket aisle—such displays are designed to grab our attention, lure us in, and encourage us to touch, smell, savor, and buy.

Travel to markets all over the world, and you'll see a few visual schemes recurring with remarkable consistency. A vendor in Beijing may not be selling the same ground spices as those that are peddled in Marrakech, but in both places you can find them presented in the exact same way: in lined baskets, molded by hand into a soaring conical

shape. A produce vendor in Mexico City will arrange pods of okra in a graceful radial pattern that's strikingly similar to the way a vendor in Mumbai arranges his fresh betel leaves.

These artful displays accentuate the inherent beauty of the ingredients—the bright colors, the interesting contours—but they also play into consumer expectations. In St. Petersburg, Addis Ababa, Seattle, and beyond, merchants offer forth everything from chiles to aromatic roots to dried fish in sturdy woven sacks whose edges have been rolled down just so in order to give the impression of fullness. Imparting a sense of abundance is a primary aim of visually appealing food display. For one thing, it conveys the perception that the product is fresh, newly delivered; for another, those piles of produce reaching skyward seem to tell us that the wholesome fruits or vegetables are forever being restocked to meet demand.

Merchants go to great lengths to perpetuate this feeling of bountifulness, stuffing straw or paper into sacks

and bushels to create a false bottom and, in the case of many supermarket produce sections, arranging fruits and vegetables in a single layer atop curved risers so it appears they're piled ten deep. As food sellers know all too well, few sights are more dispiriting than the last, lonely bunch of bananas in the bin or the stray coconut left to languish amid bits of dirt and dried-up palm fronds.

Just as a vision of plenty awakens our appetite and sense of well-being, so does the appearance of variety and diversity. "Variety gives shoppers a feeling of control," says Pierre Chandon, an associate professor of marketing who conducts studies on consumer behavior at the Institut Européen d'Administration des Affaires, the Paris business school. "And well-organized market displays highlight that sense of variety." Neatly partitioned bins, tidy rows, straight-edged stacks—such thoughtful arrangements help buyers instantaneously differentiate one kind of fruit or vegetable or meat from another, inviting

them to contemplate the great diversity of foods on offer. Nowhere is this principle more evident than at a big supermarket, with its clearly divided sections stocked to the shelves' edge with scores of different kinds of the same food, be it breakfast cereal, milk, or sliced bread.

The impulse behind other common food vendor designs is harder to guess at. Why the popularity of the pyramid shape, for example? Why not just a nice, round pile? "Such things must have developed over time, across cultures, through trial and error," says Baba Shiv, a professor of marketing at Stanford University who studies consumer decision making. "There must be something about that pyramidal form that triggers desire, or, we've even speculated, maybe causes customers to be less inclined to bargain down prices."

Chandon has a more prosaic theory. "Arranging certain items in a pyramid," he says, "may just be the easiest way to stack them." Either way, it's still nice to look at. —David McAninch



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SMALL LUXURIES

THERE'S A LITTLE MARKET IN THE elegant Sha'la neighborhood of Damascus, Syria, that goes by the name Souk el-Tanabel (*near bouz el-jeddi*)—literally, the market of the lazy people. The shoppers there look more busy than lazy, though; mostly they're women in smart business attire and designer jogging suits moving purposefully from shop to shop, perusing towering stacks of resealable bags filled with already-chopped vegetables and herbs. Over the past 30 years, the half dozen or so vendors in the Souk el-Tanabel have become famous for their presliced, pre-diced foods, prepared daily by teams of women working out of their homes. Every evening, workers from the shops deliver whole produce to the preppers, who core zucchini, eggplants, potatoes, and carrots for *mehshi* (stuffed vegetables); dice vegetables and chop herbs for soups, salads, and stews; and trim artichokes. In the Damascus suburb of Kafar Soussi, I visited the home of a 35-year-old mother of three named Buthaina Homs, who had just taken delivery of an armload of fresh flat-leaf parsley. She works in a small room erected on the roof of her house. Seated on a low stool before a wood table, she chopped the herbs with great speed and precision, scraping the tiny green flecks into a plastic tub. When it was full, she transferred the minced herbs into plastic bags, which a worker would soon collect and take back to the shop. Later, the parsley would be purchased to make, perhaps, a tangy tabbouleh (see page 110 for a recipe) that would taste as fresh as if all the ingredients had been chopped right in the buyer's own kitchen. —Anissa Helou, author of *Mediterranean Street Food* (William Morrow, 2002)



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CHAPTER FOUR: *A Global* BANQUET

A TRIP TO BOUNTIFUL

Some of the best meals in Italy aren't planned

THE MARKET IN GUBBIO, A HILL TOWN in Italy's central region of Umbria, isn't the biggest market I've ever seen. It comes to life early every morning in the shade of an ancient portico, with just a handful of vendors setting up their stalls. There's the salad seller with his gorgeous radicchio, arugula, and baby lettuces; the herb man with his hand-tied bunches of sage and rosemary all lined up like little bouquets; the produce vendor who sells tomatoes, peppers, garlic, and more. As the local women shop, their husbands congregate on benches in the nearby park to discuss the soccer scores. By noon, the market tables are practically empty and everyone heads home for lunch.

As tiny as that market is, it was the source of virtually all of my family's meals for the few weeks last summer that we called Gubbio home. We're not from Umbria: my mom, the chef and cookbook writer Lidia Bastianich, was raised in a part of Istria, a peninsula connected to Croatia and Slovenia, that belonged to Italy until 1947; my brother, Joe, and I grew up, and are now raising our own families, in New York City. We came to Gubbio because of my husband, Corrado, whose family is from the village and still lives there, and because my mother and I have always wanted to take the time to get to know the finer points of Umbrian cuisine. What better way to do that than to spend a few weeks there to celebrate Corrado's fortieth birthday? And what better place to start than the market?

We rented a house on the outskirts of town, and on the mornings that I'd drive with my young son and daughter to that little market to pick up ingredients for lunch, I would flash back to when Joe and I were kids, traveling around Italy during the summers with our mother. Each year, she'd pick a new region to explore—one summer it was Sicily, the next, Tuscany. My brother and I used to get into fights in the backseat of our un-air-conditioned rental car,

Tanya and Lidia Bastianich's impromptu Umbrian meal, from left to right: flatbread sandwiches, summer-vegetable soup, and bread and tomato salad. (Recipes begin on page 108.)

Nearly 1,500 galettes are served each Saturday at Le Marché des Lices in Rennes, France; at Barcelona's La Boqueria, shoppers drink, in total, more than 500 glasses of cava per day.

SOURCES: FRENCH GOVERNMENT TOURIST OFFICE; MERCAT DE LA BOQUERIA



Lidia Bastianich in Gubbio, teaching her grandchildren how to knead dough for a *torta al testo*.

and when Mom would finally pull over, it was often at some market she wanted to check out. We'd run around the stalls, ogling all the different ingredients. In Piedmont, I remember, it was spiky cardoons; in Calabria, piles and piles of spicy *peperoncino*; in Venice, a mind-blowing array of fish. Back then, in the 1970s and '80s, Italian food in the States was spaghetti and meatballs. Aside from the Istrian foods my mother cooked at home—seafood stews, quince soup—our visits to Italy's markets were our first encounters with real regional Italian ingredients and cuisine.

By the time my family arrived in Umbria for Corrado's birthday, we were pretty familiar with the basics of Umbrian cooking; in fact, many of the ingredients—the famous brown lentils from nearby Castelluccio, the region's equally renowned cured meats and handmade eggless *stringozzi* pasta—are ones we serve at our restaurants Felidia and Becco in New York. But there's something wonderful about seeing these ingredients in context,

at the market and in the butcher shops and bakeries around town. Suddenly, the traditional dishes and the way the ingredients come together start to make real sense.

Case in point: the local flatbread known as *torta al testo*, made all around Gubbio, that cooks stuff with whatever ingredients they like, from sautéed vegetables to cured meats and cheeses. As we discovered the day after we threw a big birthday bash for Corrado, this is a dish that seems custom-made for market shopping. A few dozen friends were planning to drop by for lunch, and in the morning, with no set menu in mind, my mother and son, Lorenzo, took off for the market. It was only when they returned with big sacks full of food and unpacked it all onto our kitchen table that a meal started to take shape. There were bunches of broccoli rabe that would pair perfectly with grilled fennel-and-pork sausages inside *torta al testo* (see page 114 for a recipe), which we would bake ourselves. The spicy arugula would work well as a filling, too, with *robiola*, a creamy local cows' milk cheese, and maybe a few slices of prosciutto. And there were perfectly ripe, juicy tomatoes that my mom decided to turn into a *panzanella* salad (see page 108 for a recipe), tossed with chunks (*continued on page 101*)

GREAT MARKETS IN ITALY

Piazza delle Erbe and Piazza della Frutta, Padua

In my opinion, the city of Padua, in the northeastern Veneto region, is home to Italy's most breathtakingly beautiful market (pictured at far right). The majestic 13th-century Palazzo della Ragione divides the city's sprawling central marketplace into two distinct squares: the Piazza delle Erbe, which used to be devoted to vegetables and herbs, and the Piazza della Frutta, which specialized in fruit. Nowadays you can buy all sorts of foods in both areas. The first floor of the *palazzo* is chock-full of vendors selling meat (there are still a few butchers who sell *cavallo*, or horsemeat, a local delicacy), cheese, and flowers. The Piazza delle Erbe market is a rainbow of fruits and vegetables grown in the Po Valley (like radicchio, pictured at right); I have a particular fondness for the berry stand, where small trays of strawberries, raspber-

ries, and more are arranged like a gorgeous mosaic. After a long market tour, I usually retire to one of the *osterie* (wine bars) that line the market for a refreshing *aperitivo*. (*Piazza delle Erbe, Padua.*)

Mercato Centrale, Bologna

Bologna's main produce market overflows from via Francesco Rizzoli into il Quadrilatero, a network of narrow medieval streets in the center of town that includes Piazza Mercanzia (Merchant Goods Square), via Drapperie (Cloth Sellers Street), via Caprarie (Goatherd Street), and via Orefici (Goldsmith Street). The surrounding region of Emilia-Romagna is home to some of Italy's greatest gastronomic gifts (prosciutto di Parma, Parmigiano-Reggiano, Grana Padano, mortadella, balsamic vinegar, and more), and you can find them all here, along with fish vendors, meat stalls, fruits and vegetables,

and a great housewares store, Antica Aguzzeria del Cavallo, which carries every kind of pasta cutter imaginable. For me, the highlight of the market is A.F. Tamburini, a 78-year old pasta and provisions store where you can buy excellent ravioli, tagliatelle, and tortelli, either fresh or, in the adjoining cafe, cooked and served with a rich *ragù bolognese*. (*9 via Francesco Rizzoli, Bologna.*)

Porta Nolana, Naples

The twin towers of the old Porta Nolana city gate signal the entry to what may be my favorite fish market in Italy. While fantastic fruits, vegetables, and other goods are also sold here (this is the best place on the planet to buy buffalo milk mozzarella), it's the sparkling fish, brought in fresh every morning, that make Porta Nolana so special. All kinds of seafood are on display: clams spitting seawater, octopuses on ice, whole swordfish, and on and on. (*Via San Cosmo Fuori Porta Nolana.*)

Vucciria, Palermo

This Sicilian market is as close as Italy gets to a Moroccan souk. Occupying a web of narrow downtown streets,

the Vucciria market offers a cacophony of market cries—"Fragole, belle fragole!" ("Strawberries, beautiful strawberries!")—and equally vibrant fruits and vegetables. Here's where I've found some of the city's best butchers,



many of them specializing in locally raised baby lamb, as well as Sicilian specialties like *estratto di pomodori*, the rich, concentrated tomato extract that's essential to the region's pasta dishes. In spring, vendors sell tender boiled artichokes straight from the pot. (*Along via Coltellieri, via Maccheronai, and via Pannieri, Palermo.*) —Lidia Bastianich, host of the PBS program *Lidia's Italy*





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SWEET REVELATION

In the eastern part of Hungary, where my husband, András, is from, small family farms still dot the landscape. Most of the local farmers sell their produce at the *piac*, or market, in the city of Veszprém, where András's family lives. Many of them offer just one kind of food: bunches of wine grapes at one stand, colorful broad beans at another. What really caught my eye on my first visit, though, were the bushels and bushels of plump, glimmering sour cherries, or *meggy*, as the fruit is called in Hungarian. I purchased some and brought them back to my in-laws' house with plans to make sour cherry preserves, but my request was lost in translation. Erzsébet, András's mother, set to work pitting the cherries and mixed them with butter, sugar, whole-wheat flour, and eggs and turned them into a simple sponge cake (pictured) that she calls *kevert meggyesem*, which means "my mixed sour cherries." We ate the tender cake, bursting with sweet-tart fruit, after dinner with ice cream and then again for breakfast with a cool glass of homemade *kefir* (cultured milk). I brought Erzsébet's recipe back to the States with me; unlike other Hungarian sweets, it's so easy and quick that I can re-create it the minute sour cherries make their all-too-fleeting appearance at my local market in New York City. (See page 116 for a recipe.) —Sarah Copeland, author of the blog www.edibleliving.com



TODD COLEMAN

(continued from page 98) of garlic-rubbed toast and herbs.

The kitchen was filled with such laughter that morning; flour flew here and there as my mother showed her five grandkids how to make the dough for the *tortas*, which we cooked the traditional way, in a cast-iron pan. After six loaves were done, we sliced them open, and the kids started layering the ingredients inside. Meanwhile, I laid out all the *affettati*, or sliced cured meats, that Mom had brought home from the local *norcineria*, or pork butcher: lean and dark wild boar salami, a local Umbrian favorite, and *salamini*, thin, chewy dry-cured sausages.

When the *tortas* were finished and the salad was made, my mom looked at the remaining carrots and tomatoes and beans and squash on the table and did what she's inclined to do when faced with a surfeit of vegetables: she made soup. Soon, a fine Umbrian vegetable soup (see page 110 for a recipe) was bubbling on the stove, filling the air with a sweet aroma as friends and family started to arrive.

Later, as I watched everyone reaching to try another version of the *torta* or ladling themselves a bit more of that last-minute soup, I realized that we'd done more than learn about Umbrian recipes on this family vacation. We'd embraced a fundamental principal of *la cucina Italiana* that applies no matter where you are: when you let the market be your guide, cooking is a real joy. —*Tanya Bastianich, coauthor (with Lidia Bastianich) of Lidia Cooks from the Heart of Italy (Knopf, 2009)*

TUESDAY SUPPER

For a cook in Provence, market day is the high point of the week

I AWAIT TUESDAYS THE way a child anticipates Christmas morning. That's when the weekly farmers' market spills into the streets of our Provençal village, Vaison-la-Romaine. Hundreds of merchants arrive in town around six o'clock in the morning to set up their market stalls. No matter the season, there is always the arrival of some new ingredient to celebrate: black truffles in November, violet-hued baby artichokes in February, first-of-the-season asparagus and strawberries from



In parts of South and Southeast Asia, merchants erect small shrines to Lakshmi, the Hindu goddess of wealth; the beginning of a new business day is often marked with prayers and offerings such as flowers and incense.

SOURCE: UNIVERSITY OF IOWA



Above, clockwise from top left: Vegetable ragout with herb garden pesto (see page 108 for a recipe); lemon-thyme lamb chops (see page 112 for a recipe); and Provençal bread with olives and herbs (see page 116 for a recipe).

nearby Carpentras in late March. And then, with summer, comes a veritable avalanche of produce: shiny purple eggplants; early, brilliant orange pumpkins known as *potimarrons*; new potatoes; snappy green beans; plump cloves of purple garlic; white beans known as *cocos blancs*; mountains of pungent arugula and multicolored mesclun; and more.

A holiday mood pervades Vaison-la-Romaine on Tuesdays. All of our friends know that they can find my husband, Walter, and me at the Universal Café come 10:00 A.M., with our espresso and our *pain au chocolat*. Sometimes our group takes up a series of tables, and we can easily spend the rest of the morning catching up on news. Local plumbers, masons, carpenters, and electricians never work Tuesday mornings and can be seen strolling the market, where they run into clients, who invariably stop them to say, "I meant to call you! My roof is leaking" (or "my cabinets need work," or "the electricity keeps going out in the bedroom"). No need for business cards here.

Most home cooks I know here take a holiday from cooking on Tuesdays because they want to linger at the market—and because they can always purchase a moist and crisp-skinned rotisserie chicken from the Laotian vendor, who also sells irresistible fresh summer rolls and tiny *nems*, or fried spring rolls. The women might buy a wood oven-fired pizza from one of the pizza trucks that appear on the streets on market day, or a *fougasse*, the ladderlike yeast bread garnished with olives or capers or pork cracklings (see page 116 for a recipe). Or they might settle on a meal of cheese and salad after visiting one of the goat cheese merchants, many of them aging hippies who abandoned Paris for Provence in the 1960s. Our fishmongers, Eliane and Aymer Beringer, sell an array of prepared fish and shellfish, including (continued on page 106)

FARM-FRESH ASIAN GREENS

A growing number of the greens found at markets across much of Asia (like the one in Kampot, Cambodia, pictured on the facing page) are becoming available at farmers' markets and supermarkets in the States. The easiest to find is crunchy Napa cabbage **1**, which is particularly prized in China, where it's used in everything from

hearty dumplings to soups. Bok choy is also widely available in the U.S., especially the tender "baby" varieties like the green-hued, round-leaved Shanghai bok choy **2** and the squat dwarf bok choy **3**; you can simply cut heads of both varieties in half lengthwise and stir-fry them with meat or chicken. Increasingly, you will find more

obscure types, like Taiwanese bok choy **4**, a longer, thinner version. Another Chinese green, *gai lan* **5**, also called Chinese broccoli, is popular for its broccoli rabe-like flavor and its crunchy stems, which take well to blanching or steaming. *Gai lan*'s more fibrous cousin, *choy sum* **6**, or oil seed rape, which is popular in Southeast Asia, has an

even more bitter, mustardlike flavor and fibrous stems. Even some ingredients that are considered specialty items in Asia are making their way to our shores: spinachlike yam leaves **7** can be found in cities like Minneapolis and St. Paul, Minnesota, where Hmong and other Southeast Asian immigrants have settled; try stir-frying yam leaves with

sliced red chiles. Stem lettuce **8**, or "celtuce," long popular in China, has a crunchy texture and asparagus-like flavor; it tastes great raw in salads dressed with garlic, vinegar, and soy sauce. Yellow chives **9**, which are simply green chives grown in the dark, add a cheerful color and subtle sweetness to stir-fries. —Georgia Freedman



CROSSROADS OF ASIA

One of the things that amazed me the most when I first traveled to Cambodia was the tremendous variety of greens available at markets. Cambodia has for centuries been an intersection for Asian cultures, and though I live in China and travel all around the region, I had rarely seen that many vegetables in one place. This last January, in the tiny Cambodian village of Kampot, on the country's southern coast, I visited a small market where vegetable sellers were setting out their offerings in the soft morning light. In addition to greens I was familiar with, such as *choy sum*, I saw heads of mustard greens, as well as bundles of pea greens, which were piled under large, sturdy umbrellas. In one area a group of women were selling a vine with thick, arrowhead-shaped leaves I was told is called *salung*. At food stalls later in the day, I saw more women cooking deep green *noni* leaves in Thai-like curries and sautéing water spinach with garlic and oil as I'd seen cooks do in China. Even in this sleepy town, the wealth and variety of greens available to every home cook offered a kind of virtual tour of the foodways of Asia. —Ariana Lindquist, photographer

12 MEMORABLE MARKET MEALS

It's a no-brainer: the happy intersection of superfresh ingredients and a built-in trade of hungry customers yields some spectacular cooked-to-order meals in and around the world's great markets. I spend about 30 weeks a year on the road and have a pretty deep list of favorite market dishes, a few standouts of which are described below, in no particular order. —Andrew Zimmern, host of the *Travel Channel's Bizarre Foods*

1 Razor Clams a la Plancha at La Boqueria, Barcelona, Spain

Served *pil-pil* style—spiked with chile, parsley, garlic, and olive oil—these freshly griddled mollusks (see page 112 for a recipe) are a favorite menu item of both the tapas bars and the retail seafood vendors at Spain's most famous market. They're a little chewier than most clams when cooked, but the fast sear of the griddle and the impeccable freshness of the shellfish offset any potential miscues. My favorites come from Bar Pinotxo. (*Plaça de la Boqueria*, www.boqueria.info.)

2 Indian Spice Mini Doughnuts at Mill City Farmers Market, Minneapolis, Minnesota

For the past three years, the Chef

Shack food truck has served market-goers in the Twin Cities its creative, delicious fare: softshell crab sandwiches, hand-cut fries with bacon ketchup, and braised-tongue tacos, among other pleasures. All are good, but in the cool, waxing Minnesota summer morning there is no better meal than a large cup of black coffee and a few of the Chef Shack's freshly fried cinnamon- and cardamom-perfumed mini doughnuts. (*Intersection of South 2nd Street and Chicago Avenue*, www.millcityfarmersmarket.org.)

3 Empanadas at Mercado Rodriguez, La Paz, Bolivia

Empanadas both sweet and savory are sold in almost every neighborhood of Bolivia's mountain-bound capital,

but at the threshold of the Rodriguez Market, in the San Pedro neighborhood, you'll find a few stands tended to by indigenous Quechua and Aymara grandmas, who cook beef or chicken empanadas, stuffed and fried to order and served at a counter along with help-yourself bowls of traditional Bolivian salsas, including a superbly mouth-watering peanut salsa puréed with chile and garlic. Beats the local favorite of *anticuchos*—grilled beef heart—hands down, which in my book is saying a lot. (*Calle Rodriguez and Max Parades*.)

4 Fritole at Mercato Ballaro, Palermo, Sicily

This is a bona fide neighborhood market, with some of the best fish vendors in the city. The *bottarga* is legendary, but I keep coming back for meat, not

fish: specifically, the *fritole*. In this part of Sicily, *fritole* means spicy fried cow offal (mostly tripe) cut into bite-size pieces and served from large vessels covered with towels. Though an acquired taste, when heaped on a roll and sprinkled with lemon juice and salt, the chewy morsels are market-strolling fare of the highest order. (*Via Ballaro between Piazza Ballaro and Piazza del Carmen*.)

5 Egg Noodle Soup at Klong Toey Market, Bangkok, Thailand

Some of the best Chinese food in the world is served in Bangkok, and at the city's Klong Toey market there are dozens of stalls hawking Cantonese-style egg noodle soup: bowls brimming with wontons, greens, roast pork, and chicken broth. (*Intersection of Rama IV and Narong Road*.)

6 Banana-cue at Puerto Princesa Market, Palawan, Philippines

This island state in the southern



part of the Philippine archipelago is famous for its banana plantations, and the markets here all have someone selling what the locals call banana-cue. Midget bananas are rolled in coarse palm sugar, skewered, and plunged into hot oil until they're caramelized. Think candy apple, but made with a banana. (*Intersection of Malvar and Valencia streets.*)

7 Motes at the Ponchos Market, Otavalo, Ecuador

Ponchos, the largest open-air market in South America, is a true farmers' market. Here, animals of all kinds are sold and traded by a huge network of farms, slaughterhouses, and wholesalers of all types. Years ago, it grew to include a massive woollens and cloth mart, and after that came the produce and food vendors. Everywhere you turn you will find cooks serving *motes*, hefty bowls of plump steamed corn kernels topped with generous portions of roast pork and finished with tidy squares of crispy pork skin and a fresh-tasting tomato-onion-

cilantro salsa. A simple and perfect meal. (*Intersection of Calle Sucre and Calle Salinas.*)

8 Mechoui at Djemaa el Fna Market, Marrakech, Morocco

Known for its adjacent covered souk, Djemaa el Fna is a bustling main square where vendors hawk *mechoui*, whole lamb that is pit-roasted for almost half a day. Meat from the legs, ribs, shoulders, saddle, and head is pulled by hand, piled onto a paper napkin, and served with a mixture of cumin and salt. Teamed with a glass of mint tea, this might be my all-time favorite market meal. (*Djemaa el Fna, Old Medina District.*)

9 Spicy Mentaiko at Noryangjin Fish Market, Seoul, South Korea

After the Tsukiji wholesale market in Tokyo, this is Asia's most famous seafood market, a giant Quonset hut-shaped building teeming with stalls selling every conceivable species of seafood. While shopping, I like to purchase an early lunch at one of the

stalls offering *mentaiko* (salted, spicy pollack roe). Hawkers here sell dozens of varieties of this addictive and fishy snack, which has been adopted by the Japanese as one of their favorite foods. (*Opposite Noryangjin Station.*)

10 Tuna Oke-Oke at Maketi Fou Market, Apia, Upolu, Samoa

Housing a greens market and an adjacent seafood hall, the Maketi Fou on this small Pacific island is perhaps tops in my book for markets worldwide: it's small enough to navigate easily but large enough never to be boring. To make the refreshing snack called *oke-oke*, local food vendors take fistfuls of just-caught tuna, dice it, and serve it cool and raw with lime, coconut milk, and fresh chiles. The cost: about 40 cents. Really. (*Fugalei Street.*)

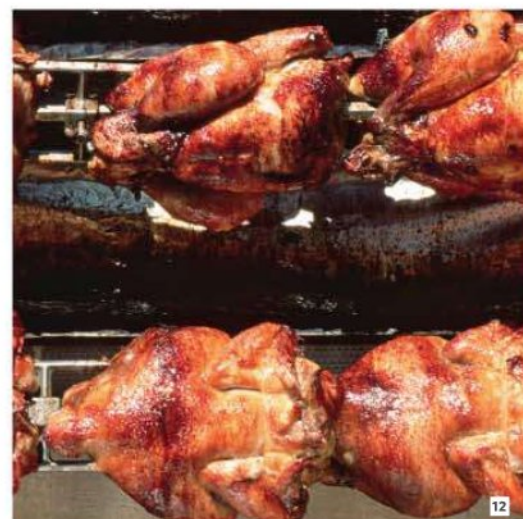
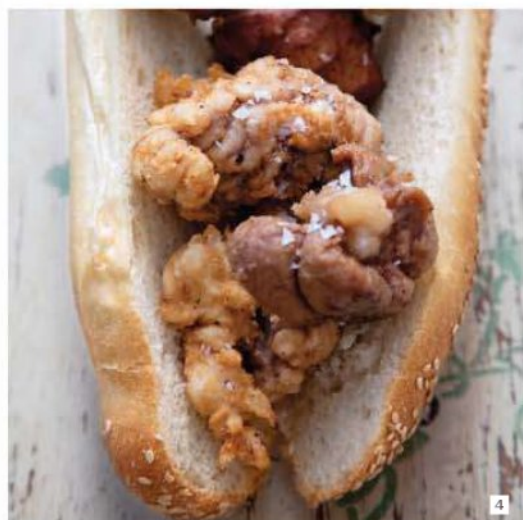
11 Tamales and Tlayudas at Mercado de Abastos, Oaxaca, Mexico

Excellent tamales and *tlayudas*—a crispy, pizzalike snack of whole

tortillas topped with cheese, black beans, and roasted pork or chorizo—can be found all over this town, but head to the Abastos market for the best of the best. After a day spent watching mole grinders and cactus paddle picklers, you can regale yourself for a few pesos on the small batches of exquisite handmade tamales and *tlayudas* served up by the elderly Zapotec women who cook and sell them in the narrow side alleys of the market. (*Ten blocks west of Oaxaca's main square.*)

12 Roasted Chicken at the Marché Bastille, Paris, France

Walking the aisles of this riotous tented outdoor market ranks among life's greatest pleasures. My last stop is always one of the small stalls offering roasted Bresse-Gauloise or Faverolle chickens, flavorful breeds, which are turned on a spit, the fatty drippings cascading onto a tray filled with slow-roasting carrots and potatoes. I am lucky if I make it back to the flat with any bird left. (*Boulevard Richard Lenoir between rue Amelot and rue St. Sabin.*)



(continued from page 101) garlicky salt cod brandade, marinated sardines, and beautiful platters of gravlax. And our butcher, Gilles Diglé, and his wife, Séverine, always have plenty of their signature *saucisson aux olives*, a fresh pork sausage studded with the meaty, wrinkled olives known as *olives de Nyons*.

Although I've lived in Provence for 30 years now, I have never adopted the custom of taking a break from cooking on Tuesdays. I can't: I always end up buying far too much as I make my way from market stall to market stall. If I see a particularly alluring display of ripe heirloom tomatoes, I tell myself that there is always room for another batch of *tomates provençales*. It's a preparation that shows off the season's crop to its best advantage: I begin by searing the tomatoes to seal in their juices, and then I set them aside in an earthenware baking dish. Next I deglaze the pan with vinegar, reducing the cooking liquid to a tart, savory sauce that I'll drizzle over the tomatoes before baking them until they are soft, luscious, and black around the edges. And since I'm in the kitchen anyway, I might as well bake a round of *pompe à l'huile*, the olive

oil brioche we favor in this part of France, for the next day's breakfast. What better match for the seductive lavender honey I've picked up on my rounds, or one of the jams I've put up to preserve the fruits from previous market forays?

A vegetable ragout is always on our menu this time of year (see page 108 for a recipe). It's a perfect way to use up everything I haul away in my wicker shopping cart: purple-tipped *poivrade* artichokes, maybe, and some plump fava beans, last-of-the-season peas, and the year's final crop of firm white asparagus. I like to make a *sauce au pistou*—a bright, fresh Provençal pesto—to add to the ragout, so I buy a giant flower pot of *basilic marseillais*, the sharp and peppery basil traditionally used to make the sauce. After sweating onions in a skillet until they become translucent, I add the artichokes, the fava beans, the asparagus, and some freshly shelled peas and simmer them in a cup or two of white wine for about ten minutes. That's as long as it takes to soften the vegetables slightly, and the wine's acidity works brilliantly to marry the varied flavors of into a coherent whole. Topped with a gen-

erous dollop of *sauce au pistou*, this is summer on a plate.

While I prepare the vegetable ragout, my husband sets to work on the lamb chops that Gilles Diglé has sliced off for us in tiny single ribs (see page 112 for a recipe). He marinates them in a bright mixture of lemon juice, fruity green olive oil, and fresh lemon thyme, which will ensure that the delicate meat remains moist and succulent during cooking and will also prevent it from sticking to the grill. (We never salt the meat before cooking, as that would draw out its flavorful juices.) Then Walter grills the marinated lamb chops over *sarments de vigne*, clippings from grapevines that we grow on our property. No summertime meal in Provence would be complete without a glass of local rosé—our favorite is the Tavel from Domaine de la Mordorée, which is bracingly dry yet redolent of strawberries—or a lusty tapenade made from those meaty, salty *olives de Nyons*. As we sit down to eat, I am already thinking of next Tuesday. —Patricia Wells, author of *We've Always Had Paris...And Provence* (HarperCollins, 2008) 🐷

GREAT MARKETS: SOUTHEAST ASIA



Pasar Bolu Market, Rantepao, Sulawesi, Indonesia

This market, on the island of Sulawesi, in central Indonesia, is liveliest on Sundays, when water buffalo traders and their charges congregate on a nearby field. I like to walk around the perimeter of the old central building, where vendors squat before bags of black, red, brown, and white rice and offer tastes of *tuak* (a frothy drink made of fermented palm tree sap). This is also where I first encountered some of the staple foods of the Toraja, the indigenous people who live in the region, including *buah keluak*, the pit of a pungent local seed. Fresh coffee beans and *baje kacang*, addictively good palm sugar balls studded with peanuts, make excellent takeaways.

(One and a half miles northeast of the city center, Rantepao.)

Muang Mai Market, Chiang Mai, Thailand

The foods for sale at this huge, mostly outdoor emporium next to the Ping River give a clear picture of northern Thailand's seasonal kitchen: during the rainy season (roughly from June through August), fleshy brown *bet lom* mushrooms and bundles of foraged ferns dominate; drier weather brings *lucuma*, a starchy fruit that tastes like pumpkin, and *ma kwaen*, a relative of Sichuan peppercorn that spices up curries and northern-style salads. There are also fresh chiles, of course, and tubs of prepared curry paste, both of which are used to make *khao soi*, the city's signature dish of coconut milk-based curry and deep-fried egg noodles (pictured above left). (On Wichayanond Road, next to the U.S. Consulate Building, Chiang Mai.)

Pasar Baru Bukit Bintang Market, Kuala Lumpur, Malaysia

Located a stone's throw from Kuala Lumpur's

glitzy downtown, this market sells everything from half a dozen kinds of tofu to fresh fish and dragon-fruit (pictured below), but this open-air structure is also one of my all-time favorite street-food destinations. Half of the market is a food court filled with hawkers. I usually start out with an iced coffee and grilled toast with coconut jam, and then move on to the stall selling *laksa mee*, a dry chicken curry served atop noodles. One of my most beloved market meals is a curious but delicious hybrid called a "Winson burger": grilled pork, sliced cucumber, and sweet chile sauce on a bun. I also adore the old-style vegetarian dim sum, sold by a mobile vendor who has been a market fixture for decades. (Jalan Melawati, in downtown Kuala Lumpur.)

Binh Tay Market, Ho Chi Minh City, Vietnam

This courtyard-style building is the beating heart of Ho Chi Minh City's Chinatown. The building houses stalls displaying a hodgepodge of goods: from melamine kitchenware to dried shrimp,



plump roasted cashews, and dried fruit. Behind the market lies Phan Van Khoe Street, a busy thoroughfare patrolled by vendors selling fresh fish, vegetables, and aromatics. (Duong Thap Muoi street in District 6, Ho Chi Minh City.)

Talat Pa Kham Market, Luang Prabang, Laos

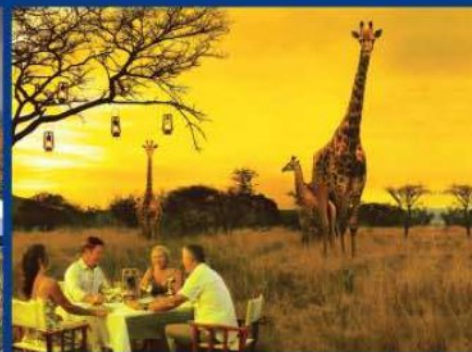
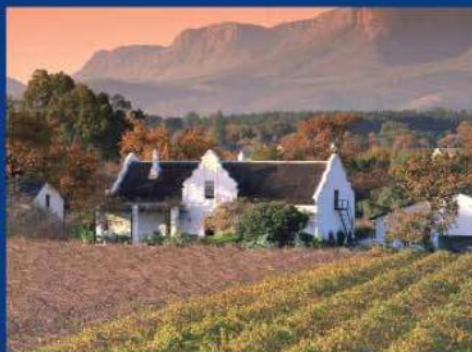
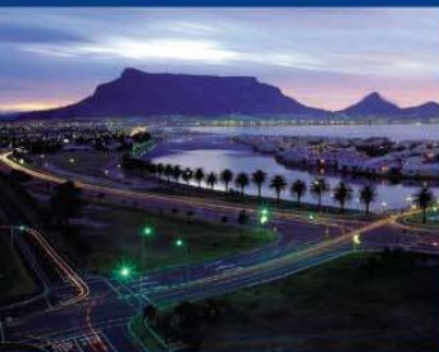
Situated in the middle of a peninsula formed by the Mekong and Nam Khan rivers, this market showcases the bounty that fishermen pull from those waterways: fresh eels, fish grilled whole or cut into strips and sun-dried, *kai pen* (dried algae), and more. I also love to buy fresh herbs like holy basil (pictured above), and greens like peppery *pakkat*, a type of mustard, as well as bowls of curry or jackfruit salad. This is also where I go to taste the northern Lao version of *khao soi*, which in this corner of Southeast Asia is typically a rice noodle soup enriched with a pork and tomato broth, and to buy a few bags of deep-fried, lime leaf-and-chile-spiked mushrooms to eat with an icy Laotian beer. (At the intersection of Chaophagnakang Road and Siphay Road, Luang Prabang.) —Robyn Eckhardt, author of *the blog eatingasia*. typepad.com



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APPETIZERS AND SIDE DISHES

PANZANELLA

(Bread and Tomato Salad)

SERVES 10

In her book *Lidia's Italian Table* (William Morrow, 1998), Lidia Bastianich recommends making this rustic Italian salad (pictured on page 96) with toasted country bread and ripe tomatoes.

- 2 lbs. medium tomatoes, cored and cut into small wedges
- 12 oz. country-style bread, torn into bite-size pieces and lightly toasted
- 1 cup loosely packed baby arugula
- 12 fresh basil leaves, torn
- ½ red onion, thinly sliced
- ½ cup extra-virgin olive oil
- 3 tbsp. red wine vinegar
- 2 cloves garlic, minced
- Kosher salt and freshly ground black pepper, to taste

In a large bowl, combine the tomatoes, bread, arugula, basil, and onions. In a small bowl, vigorously whisk together the oil, vinegar, and garlic; drizzle dressing over salad. Season generously with salt and pepper, toss to combine, and let sit for 10 minutes before serving.

RAGOÛT DE LÉGUMES AU PISTOU

(Vegetable Ragout with Pesto)

SERVES 4

Pairing pistou, an herb sauce made with fresh basil, with tender spring vegetables makes for a bright-tasting seasonal entrée (pictured on page 101); the recipe comes from *Patricia Wells at Home in Provence* (Scribner, 1996).

- 2 tbsp. lemon juice
- 4 globe artichokes
- 2 cups loosely packed basil leaves
- ½ cup plus 3 tbsp. extra-virgin olive oil
- 4 cloves garlic, minced, plus 8 cloves peeled and left whole
- Kosher salt and freshly ground black pepper, to taste
- 1 medium onion, thinly sliced
- 1 bouquet garni (3 sprigs each summer savory, thyme, and parsley, tied together with kitchen twine)
- ¾ cup white wine
- 2 plum tomatoes, peeled, cored, seeded, and roughly chopped
- 1 lb. fresh peas in their pods, shelled and blanched, or 1 cup frozen peas, thawed
- 1 lb. fava beans in their pods, shelled and blanched, skins removed
- 20 asparagus tips, blanched

1 Combine lemon juice and 6 cups water in a large bowl. Working with one artichoke at a time, place artichoke on its side. Using a serrated knife, cut off leaves by making a crosswise cut about 1½" from where the stem meets the base; discard leaves. Cut away tough outer leaves remaining on artichoke's base until you reach inner yellow leaves. Using a peeler, remove green outer layer from stem and base. Trim off bottom ½" of stem. Use a spoon to scoop out fuzzy choke from center of artichoke. Quarter trimmed artichoke; transfer to lemon water. Repeat with remaining artichokes.

2 To make the pistou, combine the basil, ½ cup olive oil, minced garlic, and salt and pepper in the bowl of a small food processor and process until smooth; set aside.

3 Drain artichokes. Heat remaining oil in a 12" skillet over medium heat; add the garlic cloves, onions, bouquet garni, and salt and pepper. Cover and cook, stirring occasionally, until the onions are soft, about 10 minutes. Add the artichokes, wine, tomatoes, and ¼ cup water; cook, covered, until artichokes are tender, about 25 minutes. Add the peas, fava beans, and asparagus and cook until tender, about 3 minutes; remove and discard

the bouquet garni. To serve, divide mixture between four bowls, top each with a generous spoonful of pistou, and serve with crusty bread.

ROASTED TOMATOES

SERVES 6

This preparation for sweet summer tomatoes can be served with slices of crusty baguette, or as a side dish with grilled fish or chicken. (The dish is pictured on page 47.)

- 6 medium tomatoes
- 6 cloves garlic, unpeeled and lightly crushed
- 5 sprigs fresh thyme
- ½ cup extra-virgin olive oil
- Kosher salt and freshly ground black pepper, to taste

Heat oven to 425°. Place tomatoes, garlic, and thyme on a rimmed baking sheet and drizzle with oil; season with salt and pepper. Bake, brushing tomatoes occasionally with the oil, until tomatoes soften and their skins split, about 25 minutes. Transfer tomatoes, along with juices, to a serving dish and serve warm with crusty bread.

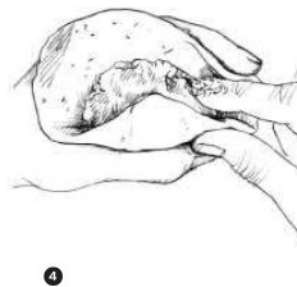
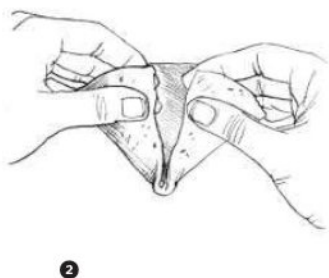
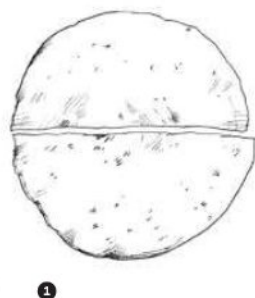
SAMOSAS

(Potato Dumplings with Tamarind Chutney)

SERVES 6-8

These savory snacks (pictured on page 79) are terrific paired with sweet

HOW TO SHAPE AND FILL SAMOSAS



Here's how to shape and fill the samosas described in the recipe above. 1 Working with one dough ball at a time, use a rolling pin to flatten each ball into a 7" disk that's about ¼" thick. Cut each disk across the middle to form two semicircles. Working with one semicircle at a time, position semicircle so that straight edge is closest to you. 2 Bring the two corners of the semicircle together so that they create a seam in the middle; moisten the seam with water and press the seam together to form a cone. 3 Gently grip the cone as you would an ice cream cone

so that the open end is facing straight up. Place about 2 tbsp. of the potato filling inside the cone, pressing gently to fill the cavity. 4 Fold one side of the cone's rim over the filling and moisten outer surface of folded-over portion with a little water. Fold the other side of the cone's rim over the first and press gently to form a seal. 5 You should now have a dough triangle with a flat bottom where the dumpling was sealed. Place the dough triangle on a baking sheet. Repeat with remaining dough semicircles and potato filling. —Ben Mims



Grilled lobster with cilantro-chile butter
(see page 112 for a recipe).

and tart tamarind chutney. See page 130 for hard-to-find ingredients.

FOR THE TAMARIND CHUTNEY:

- 5 oz. jaggery or brown sugar, broken into small chunks
- 4 tbsp. tamarind concentrate
- 1 tsp. ground cumin
- ½ tsp. black salt (optional)
- ½ tsp. garam masala
- ½ tsp. hot paprika

FOR THE SAMOSAS:

- 3 cups flour
- 6 tbsp. canola oil, plus more for frying
- ½ tsp. ajwain seeds (optional)
- ½ tsp. kosher salt, plus more to taste
- ½ tsp. nigella seeds (black onion seeds; optional)
- 2 tsp. coriander seeds, crushed
- 1 tsp. cumin seeds, crushed
- 1 tsp. garam masala
- ½ tsp. ground turmeric
- ½ tsp. hot paprika
- 1½ lbs. russet potatoes, peeled, cut into 1" cubes, and boiled until tender
- ½ cup frozen peas
- 3 green Thai chiles, stemmed, seeded, and minced
- 3 cloves garlic, minced
- 1 medium onion, minced
- 1½ tsp. fresh lemon juice
- Freshly ground black pepper, to taste

① Make the chutney: Heat jaggery, tamarind, and 2 cups water in a 2-qt. saucepan over medium-high heat. Cook, stirring frequently, until jaggery and tamarind dissolve, 6–8 minutes. Pour liquid through a strainer into a bowl; discard solids. Return liquid to saucepan and stir in cumin, black salt, garam masala, and paprika; cook, stirring occasionally, about 5 minutes. Remove from heat and let cool to room temperature; set chutney aside.

② Make the samosas: In a large bowl, stir together flour, 3 tbsp. oil, ajwain, salt, and nigella seeds. Add 1 cup cold water and stir until dough forms. Transfer dough to a work surface and

knead until soft and pliable, about 3 minutes. Cover dough with a damp cloth and let rest for 30 minutes.

③ Heat remaining oil in a 12" skillet over medium-high heat; add coriander, cumin, garam masala, turmeric, and paprika and cook until fragrant, about 30 seconds. Add the potatoes, peas, chiles, garlic, and onions and cook until onions are soft, 5–6 minutes. Remove pan from heat; transfer mixture to a medium bowl. Add lemon juice, season with pepper, and lightly mash, leaving some large chunks of potato intact. Set aside to cool.

④ Uncover dough, divide into 8 equal pieces, and form each piece into a ball. Follow the step-by-step instructions on page 108 for forming the samosas.

⑤ Pour oil into a 5-qt. saucepan to reach a depth of 2"; heat over medium-high heat until a deep-fry thermometer reads 360°. Working in batches, fry samosas, turning, until golden brown, 4–5 minutes. Using a slotted spoon, transfer samosas to paper towels to let drain; repeat with remaining samosas. Serve with tamarind chutney.

SOM TUM MAMUANG

(Thai Green Mango Salad)

SERVES 4–6

This dish (pictured on page 72) is a refreshing adaptation of a more widely known version made with papaya.

- 2 tbsp. small dried shrimp (optional; see page 130)
- 8 red Thai chiles, stemmed, seeded, and julienned
- 4 cloves garlic, minced
- ½ shallot, minced
- 3 small, green unripe mangoes (about 1½ lbs.), peeled and julienned (see page 130)
- 18 green beans, trimmed and cut into 2" lengths
- 14 grape tomatoes, halved
- 3 tbsp. fish sauce
- 2 tbsp. fresh lime juice
- 4 tsp. palm sugar or brown sugar
- 2 tbsp. roasted unsalted peanuts, chopped

Using a mortar and pestle, pound shrimp until coarsely ground; transfer to a small bowl and set aside. Place the chiles, garlic, and shallots in the mortar and pound until bruised. Working in three batches, add mangoes and pound, using a spoon to combine, until softened slightly, 2–3 minutes. Transfer mixture to a large bowl. Add green beans and tomatoes to mortar and lightly pound them to extract juices; stir in fish sauce, lime juice, and sugar. Transfer to bowl with mango mixture. Toss to combine. Transfer to a serving bowl and garnish with crushed dried shrimp and peanuts.

TABBOULEH

SERVES 4–6

Cinnamon and allspice add distinctive flavors to this version of the classic Middle Eastern parsley salad (pictured on page 94). The recipe comes from writer Anissa Helou, who tasted a tabbouleh like this one while exploring the markets of Damascus.

- 3 tbsp. fine bulgur
- 1 lb. ripe tomatoes, cored and minced
- 3½ cups minced flat-leaf parsley
- 1¼ cups minced mint leaves
- ½ cup fresh lemon juice
- 5 tbsp. extra-virgin olive oil
- ¼ tsp. ground allspice
- ¼ tsp. ground cinnamon
- 4 scallions, thinly sliced crosswise
- Kosher salt and freshly ground black pepper, to taste

Combine bulgur and ½ cup warm water in a bowl and let soak for 10 minutes. Drain bulgur, rinse thoroughly, and transfer to a large bowl along with remaining ingredients. Toss to combine; serve immediately.

ZUPPA DI VERDURE ALL'AGLIATA

(Umbrian Vegetable Soup)

SERVES 12

Unlike in a classic minestrone, the vegetables in this dish (pictured on page 96) are cooked quickly to preserve their bright flavor. The recipe is based

on one in *Lidia Cooks from the Heart of Italy* by Lidia Bastianich (Knopf, 2009).

- ½ cup packed basil leaves
- ¼ cup extra-virgin olive oil, plus more for drizzling
- 2 tbsp. minced fresh flat-leaf parsley
- 4 cloves garlic
- ½ medium onion, cut into chunks
- 8 oz. red new potatoes, cut into ½" cubes
- 3 stalks celery, minced
- 2 medium carrots, minced
- 2 plum tomatoes, cored and minced
- Kosher salt, to taste
- 3 oz. spinach, trimmed and rinsed (about 2 loosely packed cups)
- 1½ cups canned cannellini beans, rinsed
- 1 cup fresh or frozen green peas
- ½ small head frisée, leaves cut into bite-size pieces (about 2 cups)
- Freshly ground black pepper, to taste
- Freshly grated Grana Padano or Parmesan, for serving

① Place half the basil, 2 tbsp. oil, parsley, garlic, and onions in the bowl of a food processor and process until slightly chunky. Heat remaining oil in an 8-qt. pot over medium-high heat and add herb-garlic mixture. Cook, stirring often, until no liquid remains, about 5 minutes. Add potatoes, celery, carrots, and tomatoes. Cook, stirring often, until vegetables are golden brown, about 6 minutes. Add salt and 4 cups water and bring to a boil. Reduce heat to medium-low; cover and cook, stirring occasionally, until vegetables are tender, about 20 minutes.

② Stir in spinach, beans, peas, and frisée and cook until greens are wilted and just tender, about 10 minutes; season with salt and pepper and stir in remaining basil. To serve, ladle soup into bowls, sprinkle with Grana Padano, and drizzle with oil.

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MAIN COURSES

BACON-WRAPPED BLUEFISH

SERVES 4

Fatty bluefish takes well to roasting and grilling. The dish is pictured on page 66.

- 4 5-oz. skinless, boneless bluefish filets
- Kosher salt and freshly ground black pepper, to taste
- 8-12 slices bacon
- 8 sprigs thyme
- 3 tbsp. extra-virgin olive oil

Heat oven to 425°. Season bluefish lightly with salt and pepper. Wrap each bluefish filet crosswise with 2-3 strips bacon and tuck two sprigs thyme in between the bacon and each filet; set aside. Coat the bottom of a small baking dish with 1 tbsp. oil and place the filets in the dish. Drizzle fish with remaining olive oil. Bake until filets are cooked through and bacon is crispy, about 12 minutes. Set oven to broil to crisp bacon, if necessary.

Pairing Note Try a fresh and acidic white, like the Doña Paula Estate Torrontes 2009 (\$14).

GRILLED LOBSTER WITH CILANTRO-CHILE BUTTER

SERVES 2-4

Grilled lobster (pictured on page 109) is a popular dish in Boston, where shellfish from the Gloucester Seafood Display Auction is plentiful.

- 4 oz. unsalted butter, softened
- 3 tbsp. minced cilantro
- 4 Fresno or Holland chiles, stemmed, seeded, and minced
- 1 lime, zested and quartered
- 2 2-lb. live lobsters
- $\frac{1}{4}$ cup extra-virgin olive oil
- Kosher salt and freshly ground black pepper, to taste

① In a small bowl, stir together butter, cilantro, chiles, and lime zest; set aside. Using a heavy cleaver, split each lobster in half lengthwise through its

head and tail. Scoop out and discard the yellow-green innards and cut off the claws. Transfer the lobster halves, shell side down, to a baking sheet; crack the lobster claws and transfer them to the baking sheet. Drizzle lobster halves and claws with oil and season with salt and pepper.

② Build a medium-hot fire in a charcoal grill or heat a gas grill to medium-high. (Alternatively, heat a 12" cast-iron grill pan over medium-high heat.) Place

- 1 tbsp. minced ginger
- 6 cloves garlic, minced
- 1 yellow onion, chopped
- 4 $\frac{1}{2}$ tsp. garam masala, plus more for garnish
- 2 $\frac{1}{2}$ tsp. ground turmeric
- $\frac{3}{4}$ tsp. paprika
- 3 green Thai chiles, minced
- 1 plum tomato, chopped
- Kosher salt, to taste
- 1 $\frac{1}{2}$ cups wheat berries, soaked in water overnight and drained
- 4 tbsp. urad dal (white split



Soy-marinated tuna (recipe appears below).

lobster halves (flesh side down) and claws on grill and cook for 5 minutes. Turn over lobster halves and claws and spread each with some of the cilantro-chile butter; continue cooking until cooked through, about 3 minutes more. Serve with lime wedges.

HALEEM

(Lamb and Lentil Stew)

SERVES 6-8

This is a popular dish (pictured on page 79) in Mumbai's Null Bazaar market district. See page 130 for hard-to-find ingredients.

- 3 tbsp. canola oil
- 1 lb. boneless lamb shoulder, cut into $\frac{1}{4}$ " cubes

- lentils)
- 4 tbsp. yellow split peas
- Fried onions, for garnish
- Minced fresh cilantro, for garnish

① Heat 2 tbsp. oil in a 5-qt. saucepan over medium-high heat. Add lamb, ginger, garlic, and onions; cook until browned, 5-6 minutes. Add garam masala, 1 tsp. turmeric, $\frac{1}{2}$ tsp. paprika, chiles, and tomatoes; cook for 3 minutes. Add 3 cups water, and season with salt; bring to a boil. Reduce heat to medium-low; cover and cook, stirring occasionally, until meat is tender, about 1 $\frac{1}{2}$ hours. Set aside to let cool.

② Meanwhile, heat remaining oil in a

6-qt. saucepan over medium heat. Add remaining turmeric and paprika, wheat berries, dal, split peas, salt, and 10 cups water. Cook until wheat and lentils are tender, about 1 hour. Purée lentil mixture in a blender, and stir into meat mixture. Return saucepan to medium heat and cook until flavors meld, about 10 minutes. (Stir in some more water to thin stew, if necessary.) Divide stew between bowls and garnish with garam masala, fried onions, and cilantro.

L'AGNEAU GRILLÉ AU THYM

(Lemon-Thyme Lamb Chops)

SERVES 4

The recipe for these lamb chops (pictured on page 101) comes from the book *Patricia Wells at Home in Provence: Recipes Inspired by Her Farmhouse in France* (Scribner, 1996).

- $\frac{1}{4}$ cup extra-virgin olive oil
- 3 tbsp. fresh lemon juice
- 1 tbsp. fresh thyme leaves
- 8 $\frac{1}{2}$ "-thick lamb rib chops, frenched
- Kosher salt and freshly ground black pepper, to taste

In a shallow baking dish, toss olive oil, lemon juice, thyme, and lamb; cover with plastic wrap and let marinate at room temperature for 20 minutes. Build a medium-hot fire in a charcoal grill or heat a gas grill to medium-high. (Alternately, heat a 12" cast-iron skillet over medium-high heat.) Season lamb chops with salt and pepper and cook, turning once, until browned and cooked to desired doneness, 2-3 minutes per side for medium rare.

MAGURO NO ZUKE DONBURI

(Soy-Marinated Tuna)

SERVES 4

This Japanese preparation (pictured above) showcases the rich flavor of tuna, a fish traded in abundance at Tsukiji wholesale seafood market. See page 130 for hard-to-find ingredients.

- 4 3-oz. pieces sashimi-grade yellowfin or bluefin tuna
- $\frac{1}{4}$ cup soy sauce

- 2 **tbsp. sake**
- 2 **tsp. mirin**
- 4 **cups cooked sushi rice**
Thinly sliced pickled ginger, for garnish
Finely chopped nori (seaweed), for garnish (optional)
Thinly sliced shiso leaves, for garnish (optional)
Thinly sliced cooked omelette, for garnish (optional)
Wasabi paste, for serving

① Bring a 4-qt. saucepan of water to a boil. Working with 1 piece of tuna at a time, submerge tuna in water for 5 seconds. Using a slotted spoon, immediately transfer tuna to a bowl of ice water and chill for 10 seconds. Remove and pat dry. Repeat with remaining tuna. Place tuna in a plastic bag; add soy sauce, sake, and mirin. Seal; let tuna marinate, turning once, at room temperature for 30 minutes.

② To serve, remove tuna from the bag, reserving marinade, and cut each piece into 6 slices. Place 1 cup rice onto 4 serving bowls; top each serving with 6 slices of tuna. Garnish with ginger, nori, shiso, and thinly sliced omelette. Drizzle with reserved marinade; serve with wasabi.

NAVAJAS AL AJILLO

(Razor Clams with Chiles and Garlic)

SERVES 2-4

Razor clams take well to quick-cooked preparations like this one, a popular order at Bar Pinoxto, a tapas counter in La Boqueria, Barcelona's covered market. (The dish is pictured on page 104).

- 5 **tbsp. extra-virgin olive oil**
- 4 **cloves garlic, minced**
- 3-4 **dried chiles de árbol, crumbled**
- 1½ **lbs. razor clams, rinsed thoroughly**
- ¼ **cup white wine**
- 1½ **cups loosely packed flat-leaf parsley leaves, minced**
Kosher salt, to taste

Heat oil, garlic, and chiles in a 12" skillet over medium heat. Cook, swirling pan

occasionally, until garlic is pale golden brown, about 6 minutes. Increase heat to high, add razor clams and wine, and cook, covered, until clams are just cooked through, about 3 minutes. Add parsley and season with salt; toss razor clams to coat with sauce. Transfer clams to a serving platter and drizzle with remaining sauce.

Pairing Note Cava (a sparkling wine), like the bright Juvé y Camps Reserva de la Familia 2005 (\$15), is a natural partner for this dish.

PASTA WITH GRILLED ARTICHOKE

SERVES 4

Baby artichokes, dressed with olive oil and garlic, take center stage in this lemony dish (pictured on page 82).

- 1 **lb. (about 10) baby artichokes with stems, trimmed and halved lengthwise, tough outer leaves discarded**
Zest and juice of 1 lemon
- 6 **tbsp. extra-virgin olive oil**
Kosher salt and freshly ground black pepper, to taste
- ½ **lb. spaghetti**
- 4 **tbsp. unsalted butter**
- ¼ **tsp. crushed red chile flakes**
- 4 **cloves garlic, minced**
- ¾ **cup freshly grated Parmesan**
- 2 **tbsp. minced fresh parsley**

① Put artichokes, 2 tbsp. lemon juice, and 6 cups water in a 4-quart saucepan. Boil, reduce heat, and simmer until crisp-tender, about 5 minutes. Drain artichokes; transfer to a medium bowl; toss with 4 tbsp. oil and salt and pepper. Heat a 12" grill pan over high heat. Place artichokes cut side down on grill pan and cook until tender, 6 minutes per side. Return grilled artichokes to the bowl and cover with plastic wrap; set aside.

② Bring a large pot of salted water to a boil and add pasta; cook, stirring occasionally, until al dente, 6-7 minutes. Drain pasta, reserving 1 cup pasta water; set aside. Heat remaining oil and 3 tbsp. butter in a 12" skillet

over medium heat; add chile flakes and garlic and cook, stirring, until garlic is soft, 4-5 minutes. Add remaining lemon juice along with zest, cooked pasta, and ½ cup Parmesan and toss together, adding reserved pasta water as needed to create a smooth sauce. Stir in remaining butter and parsley and season with salt and pepper. To serve, divide pasta evenly between four bowls and top with artichokes; garnish with Parmesan and parsley.

Pairing Note This summer pasta dish goes well with rosé, like the plummy Bastianich Rosato 2008 (\$15).

PORTUGUESE SEAFOOD STEW

SERVES 6

The recipe for this classic East Coast seafood dish (pictured on page 66) is an adaptation of one in Brooke Dojny's *The New England Cookbook* (Harvard Common Press, 1999).

- Kosher salt, to taste**
- 2 **lbs. russet potatoes, peeled and cut into 2" chunks**
- ⅓ **cup olive oil**
- 1 **16-oz. can whole tomatoes, undrained, crushed by hand**
- ½ **tsp. crushed red chile flakes**
- 5 **cloves garlic, minced**
- 2 **medium yellow onions, roughly chopped**
- 2 **bay leaves, broken in half**
- 1 **medium green bell pepper, cored, seeded, and roughly chopped**
- 1 **cup fish stock or bottled clam juice**
- ½ **cup dry white wine**
Freshly ground black pepper, to taste
- 18 **mussels, rinsed and debearded**
- 2 **lbs. boneless, skinless haddock or cod filets, cut into 1½" chunks**
- 3 **tbsp. minced fresh cilantro**
- 3 **tbsp. minced fresh parsley**

① Bring a large pot of salted water to a boil and add potatoes; cook, stirring occasionally, until tender, 12-15 minutes. Drain and set aside.

② Heat the oil in a 6-qt. pot over medium-high heat. Add tomatoes, chile flakes, garlic, onions, bay leaves, and peppers and cook, stirring often, until soft, about 12 minutes. Add fish stock, wine, and salt and pepper and cook, stirring occasionally, about 5 minutes. Add mussels and cover pot; cook until mussels just begin to open, 4-5 minutes. Add fish and continue to cook, covered, until all mussels are opened and fish is cooked through, 5-6 minutes more.

③ To serve, transfer fish stew to a large serving bowl and sprinkle with half the parsley and cilantro. Place the potatoes in another serving dish, sprinkle with remaining cilantro and parsley, and serve alongside stew.

ROAST PORK WITH SUMMER VEGETABLES

SERVES 6-8

Chef Peter Hoffman of Savoy, a New York City restaurant, serves roast pork shoulder with a garlicky cilantro sauce, roasted chiles, and market vegetables. (The dish is pictured on page 40.)

FOR THE PORK:

- 1 **tbsp. coriander seeds**
- 1½ **tsp. fennel seeds**
- 1 **tsp. cumin seeds**
- 2 **tbsp. smoked paprika**
- 2 **tbsp. turbinado or light brown sugar**
- 2 **cloves garlic, minced**
- 1 **3-4-lb. piece trimmed, boneless pork shoulder**
Kosher salt, to taste
- 4 **shallots, unpeeled and halved lengthwise**
- 2 **tbsp. canola oil**

FOR THE HERB SAUCE:

- 1 **tsp. coriander seeds**
- ½ **tsp. cumin seeds**
- 1 **green cardamom pod**
- ½ **cup minced cilantro**
- 2 **cloves garlic, minced**
- 1 **jalapeño, stemmed, seeded, and minced**
- ¾ **cup extra-virgin olive oil**
Kosher salt, to taste

FOR THE VEGETABLES:

- 2 large sweet potatoes
- 4 tomatillos, peeled
- 2 poblano peppers
- 6 tbsp. extra-virgin olive oil
- 5 cloves garlic
- 1/2 bunch broccoli rabe, trimmed and blanched until crisp-tender

1 Prepare the pork: Put coriander, fennel, and cumin in an 8" skillet over medium heat and cook, swirling pan occasionally, until seeds are toasted, about 5 minutes. Coarsely grind seeds in a spice grinder and transfer to a small bowl. Add paprika, sugar, and garlic and stir to combine. Put pork on a plate and season generously with salt. Rub pork with coriander mixture and cover with plastic wrap. Let sit at room temperature for at least 1 hour or refrigerate overnight.

2 Make the herb sauce: Put coriander, cumin, and cardamom in an 8" skillet over medium heat and cook, swirling pan occasionally, until seeds are toasted, about 5 minutes. Finely grind seeds in a spice grinder and transfer to a medium bowl along with cilantro, garlic, and jalapeños. Using a fork, whisk in olive oil and season sauce with salt; cover with plastic wrap and set aside.

3 Roast the vegetables: Heat oven to 475°. Put sweet potatoes on a baking sheet and bake, turning once, until tender, 40–50 minutes. Transfer to a plate; set aside. Increase heat to broil and arrange a rack 4" from heating element. Put tomatillos and poblanos on baking sheet and drizzle with 2 tbsp. olive oil. Broil, turning once, until charred and tender, about 10 minutes. Transfer tomatillos to plate with sweet potatoes and transfer poblanos to a bowl. Cover bowl with plastic wrap and set aside for 15 minutes. Peel poblanos, discarding seeds and stems, and tear poblanos into 1/4"-wide strips; set aside.

4 Heat remaining olive oil in a 12" skillet over medium heat. Add garlic and cook, turning occasionally,

until golden brown, about 5 minutes. Increase heat to medium-high and add broccoli rabe; cook, stirring occasionally, until hot, about 3 minutes. Season with salt and remove pan from heat; set aside.

5 Reduce oven to 350°. Heat canola oil in a 12" cast-iron skillet over medium-high heat. Add pork and cook, turning, until browned on all sides, about 4 minutes. Place shallots cut side down under pork. Transfer skillet to oven and cook until an instant-read thermometer inserted into thickest part of pork reads 125°, 30–50 minutes. Transfer pork and shallots to a cutting board and let rest for 15 minutes. To serve, slice pork thinly and transfer to a platter along with shallots. Cut sweet potatoes into small pieces and halve tomatillos. Transfer potatoes, tomatillos, poblanos, and broccoli rabe to platter. Spoon sauce over pork.

TORTA AL TESTO

(Umbrian Flat Bread Sandwiches)

SERVES 4–6

These simple broccoli rabe-sausage sandwiches (pictured on page 96) are a favorite postmarket lunch of cook and author Lidia Bastianich.

- 1 tsp. active dry yeast
- 1 3/4 cups all-purpose flour
- 1 tsp. kosher salt
- 7 tbsp. extra-virgin olive oil, plus more for drizzling
- 4 cloves garlic, smashed
- 1/2 tsp. crushed red chile flakes
- 4 cups chopped blanched broccoli rabe
- 1 1/2 lbs. cooked pork sausages
- Freshly ground black pepper, to taste

1 In a small bowl, stir together yeast and 10 tbsp. water heated to 115°; let sit until foamy, about 10 minutes. Combine flour and salt in a food processor; pulse to blend. Add 1 tbsp. olive oil to yeast mixture and, with food processor running, pour in yeast mixture. Process until a dough forms. Transfer dough to a lightly floured surface; knead for 6 minutes. Form dough into a ball; transfer to a large oiled bowl. Cover bowl

with plastic wrap; let dough rise until doubled in size, about 1 1/2 hours.

2 Punch the dough down; divide in half. Lightly flour one piece of dough and, using a rolling pin, roll into a 9" disk. Place disk on a floured baking sheet. Repeat with remaining dough. Cover dough with a damp towel; let sit for 15 minutes. Heat a 12" cast-iron skillet over medium heat. Working in 2 batches, cook each dough disk, flipping occasionally, until light brown, about 10 minutes.

3 Heat 3 tbsp. olive oil in a 12" skillet over medium-high heat. Add garlic and chile flakes; cook, stirring, until golden brown, about 3 minutes. Add broccoli rabe and cook until hot, about 3 minutes; transfer to plate. Return skillet to medium-high heat and add remaining oil. Add sausages; cook, turning, until browned, about 5 minutes. Halve sausages lengthwise.

4 Slice each flat bread in half horizontally to create two rounds; arrange broccoli rabe and sausages on bottom half of bread, drizzle with a little oil, and top with other half. Cut sandwiches into 8 wedges and serve.

Pairing Note The smoky La Mozza I Perazzi Morellino di Scansano 2006 (\$16) is delicious with this torta.

YANKEE FISH CAKES

SERVES 4–6

These lemon-and-dill-flavored fish cakes (pictured on page 66) are a favorite of northeastern Massachusetts.

- 9 tbsp. unsalted butter
- 1 medium yellow onion, roughly chopped
- 1 rib celery, roughly chopped
- 1 lb. boneless, skinless haddock or cod, cut into 4 large pieces
- 1/3 cup heavy cream
- 1 1/2 cups dried bread crumbs
- 3 tbsp. mayonnaise
- 2 tbsp. minced fresh dill
- 1 tbsp. Dijon mustard
- 1 tbsp. fresh lemon juice
- 1 tbsp. minced dill pickle

- 1 tsp. lemon zest
- 1/2 tsp. Tabasco
- 1 egg
- Kosher salt and freshly ground black pepper, to taste
- 1/2 cup yellow cornmeal

1 Heat 3 tbsp. butter in a 12" skillet over medium heat. Add onions and celery and cook, stirring, until soft, 5–6 minutes. Add fish and cream and bring to a boil over medium-high heat. Cook, covered, until fish is cooked through, 6–8 minutes. Let mixture cool for 15 minutes. Flake fish in the skillet with a fork, then transfer mixture to a large bowl. Add bread crumbs, mayonnaise, dill, mustard, lemon juice, pickles, zest, Tabasco, egg, and salt and pepper. Toss mixture together until well combined. Shape fish mixture into twelve 1/4"-thick patties. Dredge each patty in cornmeal; set aside in refrigerator for 30 minutes on a parchment paper-lined baking sheet.

2 Heat 3 tbsp. butter in a 12" skillet over medium heat; add 6 patties to the skillet and cook, turning once, until golden, 8–10 minutes. Wipe out skillet; repeat with remaining butter and fish cakes.

Pairing Note Enjoy these fish cakes with a hoppy, herbal lager like the Victory Prima Pils (\$12.75 for a 12-ounce bottle).

MISCELLANEOUS

MOROCCAN MINT TEA

SERVES 4–6

Mint tea (pictured on page 44) is served throughout North Africa.

- 2 tbsp. Chinese gunpowder tea or green tea
- 16 lumps sugar or 1/3 cup granulated sugar
- 1 bunch mint, stems discarded (about 25 sprigs)

Place tea, sugar, mint, and 4 cups boiling water in a teapot and stir until sugar dissolves; let sit for 10 minutes. To serve, strain tea into serving glasses.



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CORN RELISH

MAKES ABOUT 2 QUARTS

This bright-tasting relish (pictured on page 76) is one of our favorite uses for summer corn.

- 4 cups fresh corn kernels
- 2 cloves garlic, minced
- 1 small red onion, minced
- 1 jalapeño, stemmed, seeded, and minced
- ½ green bell pepper, cored, seeded, and minced
- ½ red bell pepper, cored, seeded, and minced
- 2 cups apple cider vinegar
- 3 tbsp. dark brown sugar
- 1 tbsp. kosher salt
- ½ tsp. dried mustard powder
- ½ tsp. ground turmeric
- Juice of 1 lime

Combine corn, garlic, onions, jalapeños, and peppers in a bowl. Divide corn mixture evenly between 2 one-quart glass jars with tight-fitting lids. Combine vinegar, sugar, salt, mustard, turmeric, and 1 cup water in a 4-qt. saucepan. Bring to a boil over high heat; stir until sugar and salt dissolve. Remove pan from heat; stir in lime juice. Pour vinegar mixture over corn; seal jars. Let cool. Refrigerate for up to 2 weeks.

FOUGASSE

(Provençal Bread with Olives and Herbs)

MAKES 5 LOAVES

The recipe for this bread (pictured on page 101), sold as a market specialty in the south of France, comes from author Patricia Wells. See page 125 for step-by-step instructions for shaping the loaves.

- 1 tsp. active dry yeast
- 1 tsp. sugar
- 4 ½ cups flour
- 2 tbsp. extra-virgin olive oil, plus more for brushing loaves
- 1 tsp. kosher salt
- Cornmeal, for dusting
- ½ cup minced kalamata olives
- ¼ cup minced green olives
- 2 tbsp. minced fresh parsley
- 2 tbsp. minced fresh thyme

- 1 tbsp. minced fresh rosemary
- Sea salt and cracked black pepper, to taste

① In a large bowl, stir together yeast, sugar, and 1 ⅓ cups water heated to 115°; let sit until foamy, 10 minutes. Stir in flour, oil, and salt and mix until a dough forms. Transfer dough to a lightly floured surface. Knead for 6 minutes. Cover with a damp towel; let sit until doubled in size, 1 ½ hours.

② Heat oven to 500°. Divide dough into 5 equal pieces. Working with one dough piece at a time, roll into a rough 8" x 5" triangle. Transfer rectangle to a cornmeal-dusted, parchment paper-lined baking sheet. Using a sharp knife, cut three lengthwise parallel slashes in middle of dough and one small slash below and parallel to middle large slash. Spread slashes apart with your fingers. Cover with a damp towel; let rest until puffed, about 30 minutes. Combine olives and herbs in a bowl. Lightly brush each dough piece with oil; sprinkle with olive mixture and season with salt and pepper. Bake, one at a time, until golden brown, about 15 minutes each.

HUNGARIAN SOUR CHERRY CAKE

SERVES 12

Sour cherries grow abundantly in Hungary and are a staple in the country's markets in summer. This cake (pictured on page 100) is typically served with coffee for breakfast.

- 2 lbs. pitted fresh sour cherries or frozen and thawed sour cherries (see page 130 for a source)
- ¼ cup flour, plus more for pan
- 16 tbsp. unsalted butter, softened, plus more for pan
- 1 ½ cups sugar
- 3 tbsp. kirsch or brandy
- 1 tsp. vanilla extract
- 1 egg
- 2 ¼ cups whole wheat flour
- 1 tbsp. baking powder
- ¾ tsp. kosher salt
- 1 cup milk

Heat oven to 400°. Toss cherries with ¼ cup flour in a bowl; set aside. Grease a 13" x 18" x 1" baking sheet with butter and dust with flour; set aside. In a large bowl, beat together butter, sugar, kirsch, and vanilla with a hand mixer on medium speed until pale and fluffy. Add egg; beat until incorporated. In a medium bowl, whisk together whole wheat flour, baking powder, and salt. With the mixer running on low speed, alternately add flour mixture and milk in 3 batches to make a batter. Spoon batter onto reserved baking sheet and smooth evenly. Sprinkle cherries over the top. Bake until cake is golden brown, 45–50 minutes. Let cake cool 30 minutes, then cut into 12 squares.

KYURI ZUKE

(Japanese Pickled Cucumbers)

MAKES ABOUT 3 CUPS

The recipe for this pickle (pictured on page 76) is a version of one described in *The Folk Art of Japanese Country Cooking* by Gaku Homma (North Atlantic Books, 1991).

- 3 Japanese cucumbers or 6 kirbys, halved lengthwise, seeds removed
- ⅓ cup dried wakame (seaweed), soaked in water for 10 minutes, roughly chopped (see page 130)
- 3 tbsp. soy sauce
- 1 tbsp. rice vinegar
- 1 small carrot, grated

Break cucumbers by hand into small bite-size pieces; toss in a large bowl with wakame, soy sauce, vinegar, and carrots. Continue tossing until cucumbers release some of their liquid, 2–3 minutes. Cover with plastic wrap and refrigerate for 15 minutes; serve chilled.

PICKLED TOMATOES

MAKES ABOUT 2 QUARTS

Whole pickled tomatoes (pictured on page 76) are a perennial favorite in Russia.

- 1 tsp. whole black peppercorns
- 6–8 small vine-ripened tomatoes

- 8 small jarred pepperoncini
- 4 small fresh bay leaves
- 4 sprigs fresh dill, stemmed
- 2 cloves garlic, thinly sliced
- 1 cup red wine vinegar
- 2 ½ tbsp. kosher salt
- 1 tbsp. sugar

Combine peppercorns, tomatoes, pepperoncini, bay leaves, dill, and garlic in a 2-qt. glass jar with a tight-fitting lid. Bring vinegar, salt, sugar, and 1 ¼ cups water to a boil in a saucepan; stir until salt and sugar dissolve. Pour vinegar mixture over tomatoes. Seal jar; let cool. Refrigerate for up to 2 weeks.

SHOPSIN'S PUMPKIN PANCAKES

SERVES 8

Chef Kenny Shoppin serves this popular breakfast dish (pictured on page 19) at his much-loved namesake restaurant in New York City's Essex Street Market.

- 1 ¾ cups flour
- 3 tbsp. sugar
- 1 tbsp. ground cinnamon
- 2 tsp. baking powder
- 1 tsp. ground cloves
- 1 tsp. ground ginger
- ½ tsp. kosher salt
- ¼ tsp. ground allspice
- 1 cup canned pumpkin purée
- 1 cup heavy cream
- ½ cup milk
- 2 eggs, lightly beaten
- 6 tbsp. canola oil
- Butter and maple syrup, for serving

In a bowl, whisk together flour, sugar, cinnamon, baking powder, cloves, ginger, salt, and allspice. Add pumpkin, cream, milk, and eggs; whisk until smooth. Heat 1 tbsp. oil in a 12" non-stick skillet over medium-high heat. Using a ¼-cup measuring cup, pour batter into skillet to make three 3" pancakes. Cook until bubbles begin to form on the edges, 1–2 minutes. Flip and cook until done, 1–2 minutes more. Repeat with remaining oil and pancake batter. Serve pancakes hot with butter and syrup.

HISTORICAL
FACTS

SECRETS *of*
MIXOLOGISTS

COCKTAIL
RECIPES

TALES *of the* COCKTAIL

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TALES OF THE COCKTAIL



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MARGARITA

MAKES 1 COCKTAIL

Created in Acapulco in 1948 when Margarita Sames mixed fresh lime juice with her favorite spirits: Cointreau and tequila.

1 oz. Cointreau
2 oz. Tequila
¾ oz. Fresh lime juice

Shake with ice and strain into a salt-rimmed margarita glass. Garnish with a lime wedge.

COSMOPOLITAN

MAKES 1 COCKTAIL

Invented in the early 1990s, the "Cosmo" gained fame when four women in a New York TV show claimed it as their favorite cocktail.

1 oz. Cointreau
1½ oz. Vodka
¾ oz. Fresh lime juice
1 oz. Cranberry juice

Shake with ice and strain into a martini glass. Garnish with a lemon twist.

SIDECAR

MAKES 1 COCKTAIL

Created in 1923 by Franck Meier, chief barman at the Ritz Paris, using Cointreau and Rémy Martin® cognac.

1 oz. Cointreau
1½ oz. Rémy Martin
V.S.O.P cognac
½ oz. Fresh lemon juice

Shake with ice and strain into a sugar-rimmed martini glass. Garnish with a lemon wedge.

WHITE LADY

MAKES 1 COCKTAIL

Legend has it, the White Lady was first invented in London in 1919 as a tribute to Dutch-born actress Mata Hari.

1 oz. Cointreau
2 oz. Gin
¾ oz. Fresh lemon juice

Shake with ice and strain into a martini glass.

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TALES OF THE COCKTAIL

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Flavor Infusion TASTE TEST

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Go to **TITOSVODKA.COM/INFUSE** for video walkthroughs hosted by Tito and master mixologist Russell Davis. Download the recipes and follow along as they demonstrate flavor infusions you can create at home: Peach & Ginger, Cherry, Orange Chai Tea, and Lemon & Jalapeño. Or create your own flavor combinations using handy tools like Tito's Infusion Jar.



a WINNING SPIRIT

In addition to accolades from the San Francisco World Spirits Competition and Spirit Journal, Tito's enjoys an enthusiastic following and steady word-of-mouth testimonials. The brand continues to rack up legions of new ambassadors happy to extol the virtues of this true Texas original.



MOCKINGBIRD'S GARDEN

MAKES 1 COCKTAIL

With Tito's Handmade Vodka as the base, this is the perfect summer cocktail—light, crisp, and sweetly aromatic. The vermouth cuts the sweetness of the flower-based liqueurs and the dash of bitters adds a nice depth of flavor.
Created by mixologist Danielle Crouch.

- 2 oz. Tito's Handmade Vodka
- ½ oz. dry vermouth
- ½ oz. elderflower liqueur, such as St-Germain
- ¼ oz. crème de violette
- Dash lavender bitters

In a mixing glass, combine all ingredients. Stir and strain into a cocktail glass. Garnish with a lemon twist.

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A close-up photograph of a white plate featuring several golden-brown ravioli. The ravioli are filled with a bright yellow substance, likely cheese or a vegetable puree. They are surrounded by a generous amount of yellow corn kernels. Several fresh sage leaves are scattered across the dish, adding a touch of green. The background is a soft, out-of-focus white.

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IN THE SAVEUR

KITCHEN

Discoveries and Techniques from Our Favorite Room in the House » Edited by Todd Coleman



Gone Green

IS THERE ANY FRUIT finer than a juicy, ripe mango? Until recently I would have said no. But then our assistant kitchen director, Ben Mims, handed me a slice of an unripe mango that he was chopping up for a Thai green mango salad (a recipe for which appears on page 110). I had never eaten a mango that was anything but yellow-skinned, soft, and dripping with juice. The mangoes Ben was

chopping, by contrast, were firm and forest green, with a crisp, whitish-green flesh, almost like that of a Granny Smith apple. I took a bite: the fruit had a mild, tart flavor that was instantly addictive. After that first taste, I started looking around for places to buy green mangoes and found they are available in many Asian produce stores. I also discovered that green mangoes will retain their green color

and firmness if stored in the fridge, for as long as three weeks. (Left at room temperature for more than a few days, a green mango, which has been picked before it has ripened on the branch, will go bad.) Unripe mango is treated more like a vegetable than a fruit in South Asia and Southeast Asia. It is used in savory dishes and tart salads, like the one Ben was making; it is cooked in rich, coconut-based cur-

ries with shrimp, fish, or pork; it goes into dals with green vegetables like spinach; it is pickled in a variety of ways, sometimes with the addition of chiles; and—my favorite preparation so far—it is simply sliced raw and sprinkled with a mixture of salt, sugar, and chile powder for a sour, sweet, and spicy treat. (See *THE PANTRY*, page 130, for a source for green mangoes.) —*Georgia Freedman*

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The Right Spot

DURING THE TESTING OF the recipes in this issue, the SAVEUR kitchen was bursting with fresh market produce. There were greens, herbs, fruits, and vegetables everywhere—and not, it turned out, always in the right place. For example, we'd bought a few fistfuls of fragrant basil at the nearby Union Square Greenmarket and unthinkingly stuck them into our fridge's crisper drawer. Just a day later, when I went to pull the basil out, half the leaves had wilted and blackened. I'd assumed the fridge would be a perfectly good place to keep a fresh herb. It turns out that basil is easily injured by cold but does just fine at room temperature for up to a week if you stick the stems in a jar of water. "They'll eventually root and grow if the basil hasn't previously been chilled," said Michael Reid, a professor in the Department of Plant Sciences at the University of California at Davis, when I sought his advice on the matter. So,

what kinds of seasonal produce should be stored in the refrigerator? Green beans and celery, to name two, Reid said. Store them in a tightly sealed plastic bag to retain their moisture, and they'll keep for several weeks. The same goes for artichokes and broccoli, with a couple of caveats: both keep well in the crisper, but because their flesh is more prone to moisture damage than that of green beans, those vegetables need to be kept in a perforated plastic bag or breathable container. What's more, artichokes and broccoli, like many vegetables, are also picky about their neighbors, Reid told me: store them away from apples, pears, peaches, and other fruits that emit ethylene, a naturally occurring gas that accelerates spoilage in some produce. The most surprising thing I learned from Reid? Avocados, which I'd always religiously kept out of the fridge, do just fine there for several days after they've ripened. —Hunter Lewis

Shaping Fougasse

The Provençal flat bread known as *fougasse* (pictured on page 101) is a crust lover's dream: it's flattened and scored, which maximizes the surface area that gets exposed to direct heat but still leaves plenty of room for toppings, such as olives, herbs, sea salt, and cracked pepper. Here's how to form the dough (the full recipe appears on page 116). —Ben Mims



❶ Once the dough has risen, uncover it and transfer it to a floured work surface. Flatten it with your hands into a thick disk and divide the disk into 5 equal-size wedges.



❷ Roll out each dough wedge into an 8" x 5" triangle about 1/4" thick. Place each triangle on a baking sheet lined with parchment paper and lightly dusted with cornmeal.



❸ Make three lengthwise slashes in each triangle, as well as one smaller slash below the middle slash. Gently pull apart gaps. Cover dough with a damp towel; let sit 30 minutes.



❹ Uncover each dough piece. Sprinkle the dough with toppings, taking care to distribute them evenly and to avoid the gaps. Place baking sheet in the oven and bake.

Easy Squeezing

We had to juice a lot of lemons and limes while testing the recipes for this issue, including the one for tabbouleh that's pictured on page 94. That recipe calls for plenty of fresh lemon juice; unfortunately, the only lemons in our kitchen had been sitting in the fridge for days. I knew that a cold lime or lemon doesn't yield juice as readily as a room-temperature one, because cold makes the fruit's cell membranes more rigid. After breaking a sweat getting juice out of a few of those chilled lemons, I had an idea. I popped one into the microwave for 10 or 12 seconds. Bingo: the zapped lemon gave up its juice much more easily than a cold one. —H.L.



TODD COLEMAN (5)

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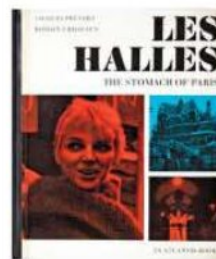
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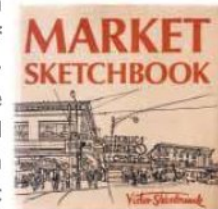
The great markets of the world have long inspired cookbook authors, writers, and photographers, many of whose books we found helpful in putting together this issue. Some are feet-on-the-ground guides meant to help you navigate among vendors and attractions; others are in-depth histories or illustrated chronicles. Two of our favorites concern the same city. The first, **The Markets of Paris** by Dixon and Ruthanne Long (The Little Bookroom,



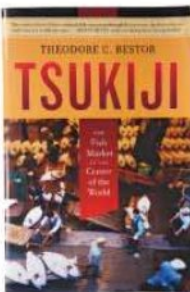
2006), is the perfect pocket guide to shopping in the City of Light; along with detailed descriptions of farmers' markets, antiques bazaars, and booksellers, it recommends market-adjacent restaurants where you can stop for a *petit repas* in the midst of your



browsing. The second is of a more nostalgic bent: in the bittersweet **Les Halles: The Stomach of Paris** (Atlantis Books, 1964), poet Jacques Prévert and photographer Romain Urhausen lovingly document the life of the legendary wholesale market, which was founded in the 12th century and demolished in 1971. An equally artful paean to a single market is architect Victor Steinbrueck's **Market Sketchbook** (University of Washington Press, 1968), which consists of more than 200 pen-and-ink drawings of Seattle's 103-year-old Pike Place Market, as well as breezy, handwritten commentary that captures that fabled harborside marketplace well before Seattle's transformation into an upmarket-lifestyle city. Ethnographer Theodore Bestor delves into an even more fabled seafood mecca, this one in Tokyo, in **Tsukiji: The Fish Market at the Center of the World** (University of California Press, 2004); Bestor examines the ways in which the world's largest fish market has helped to shape Japanese culture and



cuisine, as well as global seafood consumption, since the early 17th century. Food critic Mimi Sheraton and photographer Nelli Sheffer take a more panoramic approach in **Food Markets of the World** (Harry N. Abrams, 1997), a breathtaking illustrated journey—complete with 29 recipes—to markets on six continents. It's enough to make you want to pack your bags and start exploring. —Betsy Andrews



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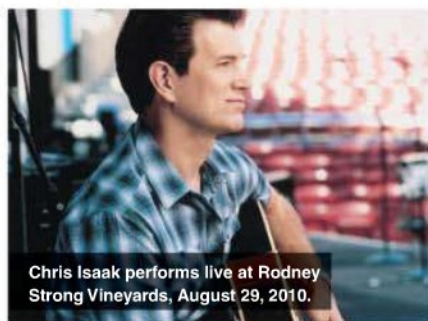


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The Queen Anne Ballroom, Hotel Monteleone

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Art of the Aperitif Seminar

Saturday, July 24, 3:30 P.M. – 5:00 P.M.
Grand Ballroom South, The Royal Sonesta Hotel
RSVP Required

Celebrate spirits and cocktails designed to spark the appetite with a tasty pasta dish from Buitoni and a cheese tasting from Kerrygold.



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THE PANTRY

A Guide to Resources

In producing the stories for this issue, we discovered ingredients and information too good to keep to ourselves. Please feel free to raid our pantry!

BY BEN MIMS

Fare

When visiting New York City, stop by the **Essex Street Market** (120 Essex Street; 212/388-0449) to try Kenny Shopsin's pumpkin pancakes (see page 116 for a recipe), and other foods. Stop by the **Hmongtown Marketplace** (217 Como Avenue; 651/487-3700), when visiting St. Paul, to try the Hmong barbecued chicken and other Hmong specialties. The **Villa Massa Limoncello** is available from Arlington Wine and Liquor (\$26 for a 750-milliliter bottle; 866/729-9463; www.arlingtonwine.net).

Markets

The English cheeses featured in our glossary (see page 56) are available from the following sources: **Ticklemore** (\$42.99 for 1 pound), **Shropshire Blue** (\$18.99 for 1 pound), **Mrs. Appleby's Cheshire** (\$26.99 for 1 pound), and **Mrs. Kirkham's Lancashire** (\$15.99 for 1 pound) from Murray's Cheese (888/692-4339; www.murrayscheese.com); **Sparkenhoe Red Leicester** (\$35 for 1 pound), **Stichelton** (\$40 for 1 pound), and **Lincolnshire Poacher** (\$39 for 1 pound) from Zingerman's (888/636-8162; www.zingermans.com); **Spewood** from The Cheesestore of Silverlake (\$40 for 1 pound; look under "sheep's milk cheese"; 323/644-7511; www.cheesestoresl.com); and **Quicke's Farmhouse cheddar** from Artisanal Premium Cheese (\$17 for 1 pound; 877/797-1200; www.artisanalcheese.com). Most of the **Asian greens** featured in our glossary (see page 102) can be found in your local Asian grocery store or online at Melissa's/World Variety Produce (prices vary by availability; 800/588-0151; www.melissas.com).

Recipes

To make the potato dumplings with tamarind chutney recipe (see page 108), buy **jaggery** (\$6.99 for a 1-pound bag), **tamarind pulp** (\$5.99 for a 7-ounce pack), **black salt** (\$6.99 for a 4-ounce pack), **ajwain**

seeds (\$5.99 for a 2-ounce jar), and **nigella (black onion) seeds** (\$6.99 for a 4-ounce pack), available from Kalustyan's (800/352-3451; www.kalustyans.com). To prepare the Thai green mango salad recipe (see page 110), buy **dried shrimp** (\$4.50 for a 3-ounce bag) and **fish sauce** (\$2.75 for a 25-ounce bottle), available from Grocery Thai (818/469-9407; www.grocerythai.com), and **green mangoes**, available from Melissa's/World Variety Produce (prices vary by availability; see below left). To make the beef and lentil stew recipe (see page 113), buy **wheat berries** (\$3.99 for a 2-pound bag), **yellow split peas** (\$1.99 for a 1-pound bag; look for "chana dal"), and **urad dal** (\$1.99 for a 1-pound bag), available from Spice Corner (212/689-5182; www.spicecorner29.com). To prepare the soy-marinated tuna recipe (see page 114), use **mirin** (\$4.38 for a 16.7-ounce bottle), **nori** (\$1.58 for a 2.1-ounce bag), and **shiso leaves** (\$2.18 for a 0.52-ounce bag), available from Asian Food Grocer (888/482-2742; www.asianfoodgrocer.com). To make the Hungarian sour cherry cake recipe (see page 116), purchase **frozen sour cherries**, available from King Orchard Farm (\$8 for a 4-pound bag; 877/937-5464; www.kingorchards.com). Purchase **mirin**, available from Asian Food Grocer (see above) and **dried wakame**, available from iHerb.com (\$6.76 for a 2.1-ounce bag; 866/328-1171; www.iherb.com), to make the Japanese pickled cucumbers recipe (see page 116).

Kitchen

All of our favorite **market books** featured in our roundup can be found on Amazon.com or from Bonnie Slotnick Cookbooks (prices vary by availability; 212/989-8962; www.bonnieslotnickcookbooks.com), which carries the out-of-print *Les Halles: The Stomach of Paris* by Jacques Prévert and Romain Urhausen (Atlantis Books, 1964) and *Food Markets of the World* by Mimi Sheraton and Nelli Sheffer (Harry N. Abrams, 1997).

Sweepstakes

For the chance to win one of five 11-jar sets of **Rick's Picks pickles**, enter the "Rick's Picks" sweepstakes, sponsored by SAVEUR, at www.saveur.com/win, between May 24 and June 25, 2010. Contest is open to legal residents of the 50 United States and the District of Columbia ages 18 and older. No purchase is necessary to win the prize. Contest is void where prohibited by law. For complete official rules, please see our website: www.saveur.com.



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MARKET GUIDE

More of the world's greatest markets at SAVEUR.COM/MARKET-GUIDE

PHOTO GALLERIES

Scenes from markets in Turkey, India, Thailand, and more at SAVEUR.COM/ISSUE130

RECIPES

Mexican-style roasted corn, jerk chicken, and olive-oil marinated goat cheese at SAVEUR.COM/ISSUE130

SAVEUR MENU

SAVEUR's guide to EVENTS, PROMOTIONS & PRODUCTS

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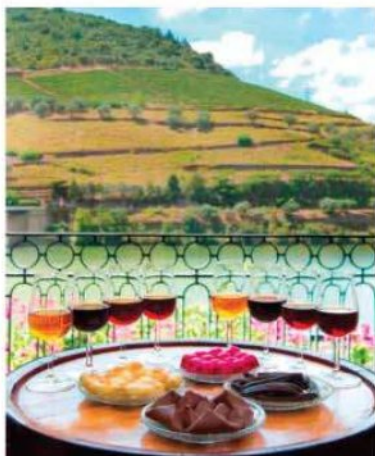
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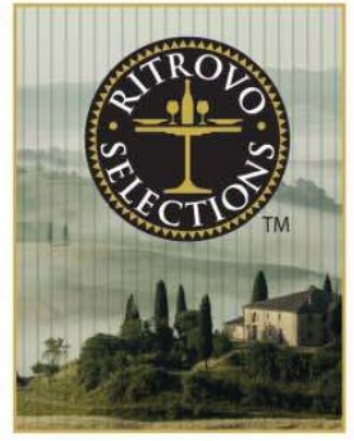


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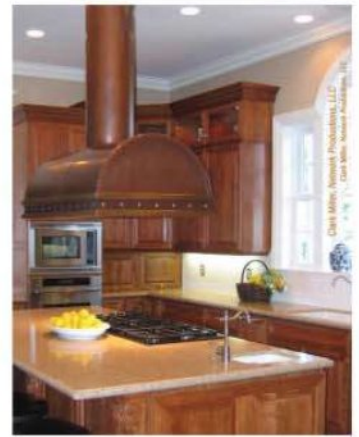
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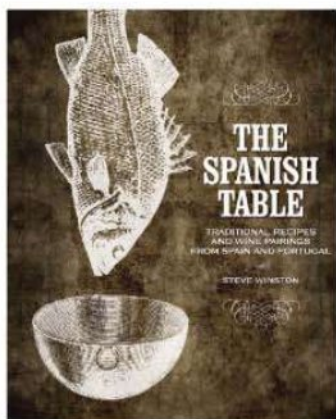
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MOMENT



TIME 9:15 A.M., June 8, 1962

PLACE Encino, California

Opening day at a new Piggly Wiggly supermarket. The chain, founded in Memphis, Tennessee, in 1916, was the first to introduce checkout lanes and to require employees to wear uniforms—French maid-inspired outfits among them.

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